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graph TD; Reflection[Reflection] --> Planning[Planning]; Planning --> Action[Action]; Action --> Evaluation[Evaluation]; Evaluation --> Reflection;
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Reflection

- What are my needs and objectives?

Evaluation

- What have I learnt?
- Has this met my needs and objectives?

The CPD Cycle

Planning

- What am I going to do?
- When am I going to complete or review this?

Action

- What have I done? – what / when / where?