Worksheet · Improving an existing design

Traffic Light Scan:
Upgrade Your Existing Training

Training: _____

1 Quick assessment

Read the WHAT and WHY card for each principle. What am I already applying? What not yet? Colour each principle and write down why.

Principle	Green	Orange	Red	Why?
S Spaced Repetition	○	○	○	
M Motivation	○	○	○	
A Attention	○	○	○	
R Retrieval Practice	○	○	○	
T Thinking (Cognitive) Load	○	○	○	
E Emotional Safety	○	○	○	
R Reshuffling (Interleaving)	○	○	○	

Green = clearly there · Orange = partly or by chance · Red = missing. In doubt? Choose orange.

Continue on the back →

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2 Set priorities (optional)

Finding it hard to choose? Write the HOW cards you chose in the box where they belong.

IMPACT		
high	**High impact · low effort** This is where you choose your interventions	**High impact · high effort**
low	**Low impact · low effort**	**Low impact · high effort**
	low	high

EFFORT

3 My interventions (max. 3)

1.

2.

3.

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