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| **Title of Article/Video/Podcast**: |
| **Main message**: In a few short sentences, using your own words, explain the main message in this article/video; the big picture. What was it about? |
| **Concepts/arguments**: Here list the new concepts/arguments that you learned. If you can personally relate to anything that was discussed, point it out here. |
| **Any AHA moments and further questions** that come to mind: |
| **Concrete Action Step**: Here list one thing that you will do differently based on what you learned from this article/video/podcast: |