

THE **CONTINUE/STOP/START** METHOD



CONTINUE

What actions, habits, or behaviors are working well for you?
What brings you success, forward momentum, or even joy?

NOTES:



STOP

What things are hindering your progress? What activities are not delivering value, are impractical, or are impeding your success?

NOTES:



START

What new actions can you start doing to achieve your desired results?

NOTES: