

Stop, Continue, Start

Visual Template

Instructions

Ready? Let's go. Start by printing this document (landscape mode). Be creative, draw pictures, use colored pencils or pens.

- Pick one of the boxes and write the word *STOP* at the top.. Now, list the activities that you have been doing that are no longer serving you. What things do you need to *STOP* in order to meet your goals? Write them in the box.
- Pick another box and write the word *CONTINUE* at the top.. Think about what has been working. What activities have moved you closer to your goal? What will you continue to do to achieve your goal? Write them in the box.
- In the last box, write the word *START* at the top. What are the things you need to start doing to reach your goals? Write them in the box.

All done? Great! Now hang up your Stop, Continue, Start sheet where you can see it. Keep moving forward :) Contact us for a larger wall size version, perfect for workshops and group activities..

