

CONTINUE – START – STOP

CONTINUE: WHAT SHOULD I/WE CONTINUE DOING? (WHAT'S WORKING OR GOING WELL?)			
The Commitment	The Benefits	Top Three Actions	Start Date
		①	
		②	
		③	
		①	
		②	
		③	
		①	
		②	
		③	
START: WHAT SHOULD I/WE START DOING? (WHAT NEW ACTIONS MUST I NOW TAKE?)			
The Commitment	The Benefits	Top Three Actions	Start Date
		①	
		②	
		③	
		①	
		②	
		③	
		①	
		②	
		③	
STOP: WHAT SHOULD I/WE STOP DOING? (WHAT IS PARALYZING MY SUCCESS?)			
The Commitment	The Benefits	Top Three Actions	Start Date
		①	
		②	
		③	
		①	
		②	
		③	
		①	
		②	
		③	