



# STOP | START | CONTINUE

**NAME:**

**DATE:**

THE PURPOSE OF THIS RESOURCE IS TO PROVIDE YOU WITH A MOMENT OF REFLECTION AND INTENTION SETTING. AT ITS CORE, I HOPE IT HELPS YOU TO CONTINUE DOING WHAT'S WORKING FOR YOU, DROP THINGS THAT ARE NOT SERVING YOU AND SET YOUR FOCUS ON HOW YOU WANT TO SHOW UP DIFFERENTLY.

BEFORE ANSWERING THESE QUESTIONS, TAKE A MOMENT TO REFLECT ON WHERE YOU ARE RIGHT NOW, HOW FAR YOU HAVE COME AND WHERE YOU ARE GOING. YOUR ANSWERS MIGHT INCLUDE THINGS YOU ARE THINKING, FEELING, SAYING, DOING, PLACES YOU ARE GOING OR PEOPLE YOU ARE SEEING.

WHAT WILL YOU STOP?

WHAT WILL YOU START?

WHAT WILL YOU CONTINUE?