

Create a "Start, Stop, Continue" List

Balance is important when considering items for this list. We don't want to start too many new things unless we find some to stop. We can only handle so much at a time.

Here are some examples to help get you started (and those I personally adopted myself)

Start: Wake at 5:30am every morning

Stop: Staying up late (need to be asleep early enough for deep sleep healing [11pm-2am])

Continue: Writing my daily goals every morning

Start: Pairing my morning coffee with my book writing

Stop: Distracting myself with my cell phone when I am trying to focus on writing

Continue: Practicing delayed gratification (work hard for bigger rewards)

List your items to Start, Stop, and Continue

Start:

Stop:

Continue:

Start:

Stop:

Continue:

Start:

Stop:

Continue:

Start:

Stop:

Continue:
