



TRUE Leaders Community

## **Start Stop Continue**

This exercise is designed to help you understand more about what changed you may like to make in your life to ensure you are living it according to your wishes and desires.

Often when we think about making changes to our life, we try to add more and more things to do. We only have a limited amount of time (and energy) though, so in order to add things in we need to take some things out.

This activity will help you think about what you want to start doing, what you want to stop doing, and what you want to continue doing.

Take your time over a few days to build your list of everything you desire to start, stop, and continue. You may then wish to choose just one from each area to focus on for the next few weeks and see how you get on.

There's no right or wrong approach to this exercise; and it's one you can revisit to review your current situation and your future desires.

### **Things I am going to start**



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**Things I am going to stop**

**Things I am going to continue**