# WORKSHEET FOR INDIVIDUALS

<table>
<thead>
<tr>
<th>STOP</th>
<th>Please list one or two things I am currently doing that are not working, are annoying, or are ineffective (I should STOP doing these things).</th>
</tr>
</thead>
<tbody>
<tr>
<td>START</td>
<td>Please list one or two things it would be beneficial for me to start doing (I should START doing these things).</td>
</tr>
<tr>
<td>CONTINUE</td>
<td>Please list one or two things I am currently doing well (I should CONTINUE doing these things).</td>
</tr>
</tbody>
</table>
WORKSHEET FOR TEAMS

<table>
<thead>
<tr>
<th>STOP</th>
<th>Please list one or two things we are currently doing that is not working, is duplicative, is no longer useful, or adds no value <em>(We should STOP doing these things).</em></th>
</tr>
</thead>
<tbody>
<tr>
<td>START</td>
<td>Please list one or two things it would be beneficial for us to start doing <em>(We should START doing these things).</em></td>
</tr>
<tr>
<td>CONTINUE</td>
<td>Please list one or two things we are currently doing that is working well <em>(We should CONTINUE doing these things).</em></td>
</tr>
</tbody>
</table>