Start	I need to start spending time with family that is not just my wife and daughter (parents and brother).
Stop	I need to stop going to bed at late hours only to regret it in the morning.
Continue	I need to continue building a strong faith based foundation for my daughter as she grows up.

Start	I need to start taking time each day to gather your thoughts and relax at least 1 hour a day.
Stop	I need to stop doing everything in your life and seek help so you're not overloaded. For example, yes, your children can make their own beds and pick out their own clothes.
Continue	I need to continue using the daily planners to manage household, cleaning schedule, appointments, etc.

Start	I need to start moving my body every day.
Stop	I need to stop worrying about or being involved in things that are out of my control.
Continue	I need to continue to pray and build my faith.

Start	I need to start a healthy routine and stick with it.
Stop	I need to stop mindlessly scrolling my phone in bed.
Continue	I need to continue putting my family first.

Start	I need to start embracing chaos instead of fighting it, being present and grateful.
Stop	I need to stop trying to disconnect and worrying about doing enough/being enough, stop feeling annoyed because of my own needs.
Continue	I need to continue taking time out for myself.

Start	I need to start getting up a few minutes earlier for prayer and meditation.
Stop	I need to stop staying up unintentionally… cancel Netflix?
Continue	I need to continue supporting family members and develop their interests and talents.

Start	I need to start being proactive not reactive to messages, social media, etc. I need to have times I just put the phone away.
Stop	I need to stop feeling like I'm not adding value if I rest. I literally cannot sit still.
Continue	I need to continue exercising. I have exercised everyday this past month and I'm proud and want to continue.

Start	I need to start texting my husband during the day to check in (I thought it would bother him but apparently he welcomes it).
Stop	I need to stop checking technology after 7pm so I can be present with my family.
Continue	I need to continue having open conversations with my husband about what help I need from him at home.

Start	I need to start making time for exercise, spending one on one time with my children more and prioritizing my spouse more.
Stop	I need to stop eating dessert so often.
Continue	I need to continue making time for personal projects.

Start	I need to start being more spontaneous in the social aspects of my life.
Stop	I need to stop making assumptions and remember to live out The 4 Agreements daily.
Continue	I need to continue daily affirmations and gratitude towards self and others.

Start	I need to start prioritizing sleep.
Stop	I need to stop thinking self-care is spoiling myself.
Continue	I need to continue learning something new everyday.

Start	I need to start taking more moments to pause for rest, relaxation and reassurance of direction.
Stop	I need to stop expecting my level of energy and intenseness from others.
Continue	I need to continue removing people from my life that pull me down. I need to continue reminding myself I am doing the best I can with what I have.

Start	I need to start sitting down more instead of toiling at chores all day.
Stop	I need to stop excessive screen time and filler podcasts.
Continue	I need to continue eating/drinking responsibly.

Start	I need to start saying no when I don't want to volunteer or do one more thing. Respect my time and do not apologize for it.
Stop	I need to stop communicating with toxic people that gossip about others' problems to me (they're sharing about me to others if they're sharing others with me about someone).
Continue	I need to continue loving myself and establishing clear boundaries while doing the hard work in counseling.