







Start, Stop Continue @ work

Please offer insights into what you could **start** doing more often, **stop** doing as much, or **continue** doing at work that would increase your happiness/effectiveness/contributions to work culture. Give an example, if it helps clarify.

 Start
 Stop
 Continue

Start, Stop Continue in life

Please offer insights into what you could **start** doing more often, **stop** doing as much, or **continue** doing in life that would positively impact your happiness/relationships/wellbeing. Give an example, if it helps clarify.

 Start
 Stop
 Continue