**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****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****Start** |  |
| **Stop** |  |
| **Continue** |  |