

Start / Stop / Continue

Challenges and obstacles can be resource, skill, or job related—and the solutions relatively obvious. More difficult challenges and obstacles are often a function of behavior and require more definition. Use this model to identify specific and actionable behavior changes (for both parties) to solve the problem.

Participants: Date:	CHANGES FOR ME	CHANGES FOR YOU
START  List three specific behaviors you should start doing in order to significantly improve your success and relations with others.	1. 2. 3.	1. 2. 3.
STOP  List three specific behaviors you should stop doing in order to significantly improve your success and relations with others.	1. 2. 3.	1. 2. 3.
CONTINUE  List three specific behaviors you should continue doing in order to significantly improve your success and relations with others.	1. 2. 3.	1. 2. 3.



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