




# Start/Stop/Continue/Change - Exercise

(Download this template for free at: [www.the4habits.com/downloads](http://www.the4habits.com/downloads))

## Instructions:

1. Write down at least one thing you plan to Start Doing / Stop Doing / Continue Doing or Change to reflect your new learning on: \_\_\_\_\_ (topic)
2. Today's date is: \_\_\_\_/\_\_\_\_/\_\_\_\_. Two weeks from today will be \_\_\_\_/\_\_\_\_/\_\_\_\_. Make a note in your diary to check in then to see how well you're doing.
3. Also, review this sheet every month for the next 6 months to ensure the new habits remain fresh in your mind. Next review check due *one month from now*, on \_\_\_\_/\_\_\_\_/\_\_\_\_.

<b>Start Doing</b> 	<b>Continue Doing</b> 
<b>Stop Doing</b> 	<b>Change</b> 