



# The Wellness Program

## Month 7

### Start, Stop, Continue & Commit

*Reflect on the behaviours and actions you want to commit to in order to be the best version of yourself.*

**Part 1 :** Identify what you will STOP, START, and CONTINUE doing.

**Part 2 :** Select your “top 3” items and COMMIT to them.

**Coach NB invites you to post a video of yourself declaring the 3 COMMIT items you’ve selected for the month.**

**Send Coach NB a picture of your completed STOP START CONTINUE COMMIT exercise.**

The STOP START CONTINUE exercise may be one that is familiar to you. It’s a great tool for assessing what’s working, what’s not working, and what would need to be different to gain some momentum in the direction you want to go. It helps to be honest with yourself and identify how you are the problem but also the solution. You can apply this tool to many different areas of your life.

For the purpose of this month’s exercise, the STOP, START, CONTINUE boxes will focus on your own Stawellness / well-being. Specifically, see what comes to mind when you ask yourself:

- **What will I STOP doing in order to be the best version of me?**
- **What will I START doing in order to be the best version of me?**
- **What will I CONTINUE doing in order to be the best version of me?**

Once you have jotted down your responses, take things one step further. Review all the items you listed and identify the top 3 (total) actions to which you will COMMIT for the next month. The items can all come from the same box or can be a mix, but limit yourself to just 3 actions to prevent burnout, over commitment, or goal-failure.

If the “best version of me” questions do not appeal to you, feel free to reflect on the following: What have the past few months made you realize you want to STOP, START, or CONTINUE to do?

Start	Stop	Continue	Commit