# Introduction

The Start/Stop/Continue exercise is very simple but very useful for personal and team development and communication, personal growth, team-building, troubleshooting, process improvement and organization initiatives. It seems simplistic and corny when you first try it but it works to foster respectful, honest and meaningful communication. Use this template to facilitate a balanced discussion of areas of improvement, areas of strength and areas of opportunity as they relate to your mission statement, objectives, and performance.

## Instructions

Take some time to think about the subject. Consider the multiple areas this subject touches and all of the people this affects. Then ask yourself these questions, using the worksheet on the next page to write your answers.

<table>
<thead>
<tr>
<th>Start</th>
<th>Stop</th>
<th>Continue</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What should we/I start doing?</strong></td>
<td><strong>What should we/I stop doing?</strong></td>
<td><strong>What should we/I continue doing?</strong></td>
</tr>
</tbody>
</table>
| List ideas/Items:  
  - Things that are not being done, but should be done  
  - Things to begin doing to get better results  
  - Things worth experimenting with for better results | List ideas/Items:  
  - Things that are not working or helping  
  - Things that impede or are not practical  
  - Not delivering desired results  
  - We or others dislike | List ideas/Items:  
  - Things that are working well  
  - Things that we want to keep  
  - Worth continuing to see if they’re worthwhile  
  - We like or need |

1. List things currently being done that are not working (I/we should **STOP** doing them).

2. List things that I/we are not doing but would be beneficial to **START** doing.

3. List things that are currently doing that should I/we should **CONTINUE** doing.
**Stop / Start / Continue Worksheet**

<table>
<thead>
<tr>
<th><strong>STOP</strong></th>
<th>Things currently being done that are not working (should STOP doing them).</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>START</strong></td>
<td>Things that would be beneficial to START doing.</td>
</tr>
<tr>
<td><strong>CONTINUE</strong></td>
<td>Things currently doing well that I/we should CONTINUE doing.</td>
</tr>
</tbody>
</table>