



**KEEPSTARTSTOP**

To achieve your goal(s), what do you need to...?

- ★ **KEEP** doing? You are doing good things. Keep doing these.
- ★ **START** doing? To reach your goal, do new, powerful actions.
- ★ **STOP** doing? To reach your goal, stop doing things that hinder you from achieving your goal or make it difficult for you to start doing new things.

KEEP DOING	START DOING	STOP DOING