

Stop, Start, Continue

A TOOL FOR AMBITIOUS PERFECTIONISTS

Have you ever found yourself working on a goal and not making progress in the ways you had hoped? Perhaps you're spending too much time on a particular task, or taking too many detours; or, maybe you haven't even started the project yet?!

This resource is for individuals who want to make progress on a goal and are looking for ways to improve their process.

When we're working on a project, we often default to all the things we need to do. This activity asks you to look at what you need to start doing (to meet your goal), what you need to stop doing (to meet your goal), and what you are already doing well that you want to make sure you continue doing.

Let's get started!



Isabeau Iqbal, PhD

Career and life coaching for ambitious perfectionists.
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SPECIFIC GOAL I AM WORKING ON :

As I consider the goal above, what do I need to:

- 1) **Stop doing?** (What is within my control and getting in the way of moving forward?)
- 2) **Start doing?** (What am I not doing [yet] that could help me move forward?)
- 3) **Continue doing?** (What am I doing already that is helping me progress?)

For example, if the goal I am **working on is preparing a report**, I may need to :

Stop: Spending hours reading the academic literature because I keep going down a rabbit hole and I already have enough references to draw on.

Start: Ask my colleague if she would be willing to provide me with feedback on one section.

Continue: Scheduling blocks of writing time three times a week and honouring these.

In the table below, write down specific actions or thoughts you need to stop/start/continue as it relates to a specific goal you have:

STOP	START	CONTINUE