



Tom

# Stop. Keep. Start.

## Weekly Worksheet

Week ending:

Entrepreneur Development Coach

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# Stop. Keep. Start.

## My Most Important Things to Stop Doing, Keep Doing and Start Doing

Note: in the Keep Doing sections, use the +/- column to indicate if you need to do MORE or LESS of the item.

### Business

How can I improve my business?

#### Stop Doing (activities that are not working for me, causing me problems, harming me, keeping me stuck)

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

#### Keep Doing (activities that are working for me, helping me, moving me in a good direction)

+/-

- |   |       |  |
|---|-------|--|
| 1 | _____ |  |
| 2 | _____ |  |
| 3 | _____ |  |
| 4 | _____ |  |

#### Start Doing (activities that I believe would help me if I did them)

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

### Money

What can I do to attract more?

#### Stop Doing (activities that are not working for me, causing me problems, harming me, keeping me stuck)

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

#### Keep Doing (activities that are working for me, helping me, moving me in a good direction)

+/-

- |   |       |  |
|---|-------|--|
| 1 | _____ |  |
| 2 | _____ |  |
| 3 | _____ |  |
| 4 | _____ |  |

#### Start Doing (activities that I believe would help me if I did them)

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

# Stop. Keep. Start.

My Most Important Things to Stop Doing, Keep Doing and Start Doing

## Time

How can I use my time more effectively?

**Stop Doing (activities that are not working for me, causing me problems, harming me, keeping me stuck)**

1	_____
2	_____
3	_____
4	_____

**Keep Doing (activities that are working for me, helping me, moving me in a good direction)**

+/-

1	_____	<input type="text"/>
2	_____	<input type="text"/>
3	_____	<input type="text"/>
4	_____	<input type="text"/>

**Start Doing (activities that I believe would help me if I did them)**

1	_____
2	_____
3	_____
4	_____

## Relationships

How can I improve the quality of my relationships?

**Stop Doing (activities that are not working for me, causing me problems, harming me, keeping me stuck)**

1	_____
2	_____
3	_____
4	_____

**Keep Doing (activities that are working for me, helping me, moving me in a good direction)**

+/-

1	_____	<input type="text"/>
2	_____	<input type="text"/>
3	_____	<input type="text"/>
4	_____	<input type="text"/>

**Start Doing (activities that I believe would help me if I did them)**

1	_____
2	_____
3	_____
4	_____

# Stop. Keep. Start.

My Most Important Things to Stop Doing, Keep Doing and Start Doing

## Food

My physical health is very important. What can I do to improve my eating habits?

**Stop Doing (activities that are not working for me, causing me problems, harming me, keeping me stuck)**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

**Keep Doing (activities that are working for me, helping me, moving me in a good direction)**

+/-

- |   |       |  |
|---|-------|--|
| 1 | _____ |  |
| 2 | _____ |  |
| 3 | _____ |  |
| 4 | _____ |  |

**Start Doing (activities that I believe would help me if I did them)**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

## Exercise

My physical health is very important. What can I do to improve my health through exercise?

**Stop Doing (activities that are not working for me, causing me problems, harming me, keeping me stuck)**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

**Keep Doing (activities that are working for me, helping me, moving me in a good direction)**

+/-

- |   |       |  |
|---|-------|--|
| 1 | _____ |  |
| 2 | _____ |  |
| 3 | _____ |  |
| 4 | _____ |  |

**Start Doing (activities that I believe would help me if I did them)**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

