**Activity**

**Stop/Start/Continue**

Think about ways of behaving, feeling or thinking that you would like to:

**Stop, Start, Continue**

**For example:**

I would like to stop feeling guilty that I am not doing more for my sister who just lost her job.

I would like to start taking some time out just for myself, to do yoga or visit with friends or to do whatever I want.

I would like to continue going out for my after supper walks in the winter, even when I’m tired and its freezing outside.

Write down your wishes.

Stop: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Continue: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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