

# Start-Stop-Continue Worksheet

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## Self Assessment

Self assessment provides insights into ways that a troop, patrol or other group can more effectively develop into a high performance team. An effective way to evaluate performance is to use the **Start, Stop, Continue** evaluation process.



**START** – *“What should we be doing that will make things better?”*



**STOP** – *“What should we stop doing because it isn’t helping?”*



**CONTINUE** – *“What is our strength and is working well that we want to continue doing?”*

## Start

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## Stop

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## Continue

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