**[A picture containing text

Description automatically generated](https://www.smartsheet.com/try-it?trp=11582&utm_source=integrated-content&utm_campaign=/content/start-stop-continue-templates&utm_medium=Start+Stop+Continue+Personal+Goals+doc+11582&lpa=Start+Stop+Continue+Personal+Goals+doc+11582&lx=PFpZZjisDNTS-Ddigi3MyABAgeTPLDIL8TQRu558b7w)START, STOP, CONTINUE   
PERSONAL GOALS TEMPLATE**

|  |  |
| --- | --- |
| TIME PERIOD | MM/DD/YY – MM/DD/YY |

*NOTE TO USER: List actions to start, stop, or continue doing in order to reach your personal goals.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | HEALTH | FINANCES | CAREER | FAMILY |
| **START** | * List items * List items * List items | * List items * List items * List items | * List items * List items * List items | * List items * List items * List items |
| **STOP** | * List items * List items * List items | * List items * List items * List items | * List items * List items * List items | * List items * List items * List items |
| **CONTINUE** | * List items * List items * List items | * List items * List items * List items | * List items * List items * List items | * List items * List items * List items |

|  |
| --- |
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