



Start-Stop-Continue Worksheet

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

Stop

Continue
