

YOUR **WINBYNOON**
KEEP, IMPROVE, START, STOP
WORKSHEET

KEEP // WHAT WORKED FOR ME IN THE LAST MONTH?

IMPROVE // WHAT AREAS DO I NEED TO WORK ON?

START // WHAT ACTIVITIES, PROJECTS, OR HABITS DO I NEED TO BEGIN DOING?

STOP // WHAT DIDN'T WORK AND IS NOT WORTH CONTINUING?
