

What will I
STOP?

A large, horizontal, rounded rectangular box with a red border and a light red fill, intended for notes related to the 'STOP' category.

What will I
CONTINUE?

A large, horizontal, rounded rectangular box with a yellow border and a light yellow fill, intended for notes related to the 'CONTINUE' category.

What will I
START?

A large, horizontal, rounded rectangular box with a green border and a light green fill, intended for notes related to the 'START' category.

**STOP START
CONTINUE
STRATEGY**