

Strength and Opportunity Insights:

The strengths that I consider to be most critical to my success are:

- 1.
- 2.
- 3.

The areas of opportunity that I am committed to developing are:

- 1.
- 2.
- 3.

Behavioral Insights

For each Opportunity Area listed above, write in the specific behaviors that you will **STOP**, **START**, and **CONTINUE** in order to identify the behaviors you will practice to form new habits.

OPPORTUNITY AREA		
STOP	START	CONTINUE
OPPORTUNITY AREA		
STOP	START	CONTINUE
OPPORTUNITY AREA		
STOP	START	CONTINUE