

SC YLT

Stop/Start/Continue

The Adventure:

Everyone has a variety of strengths and weaknesses that make them who they are! Record your bad habits under 'Stop', habits that help with your weaknesses under 'Start', and your strengths under 'Continue'. You could make a chart, a word cloud, have a discussion, make a video, or make a speech about your skills, what you want to do to improve yourself, and how you can curb your bad habits. Taking time to learn about yourself is a big part of being a responsible leader, and will help you be the best leader you can be.

Safety Note:

Honesty is always the best policy, but make sure that you are comfortable sharing what you write down and discuss.

Online Resources:

Effective Meetings Using The Start Stop Continue Change Technique ([youtube.com/watch?v=-wBWvY_DxfM](https://www.youtube.com/watch?v=-wBWvY_DxfM))



COUNCIL ROCK

Leadership: Becoming a Leader



Plan:

- What materials do you need for this adventure?
- What is the best way to communicate for this activity?
- How are you going to learn from the information collected?
- How can you help other Cubs while doing this activity?

Do:

- Record your 'Stop/Start/Continue' goals.
- Look at how you can translate these goals into actions.

Review:

- What do you know now that you did not know before?
- What are you going to work on?
- Why is self-improvement important?
- How is being self-aware an important part of being a leader?
- How could you do this activity more effectively in the future?