

### ***Keep Doing ... Stop Doing ... (Elementary)***

When you have created a plan to reach a goal, it's important to reflect on how things are going. When you reflect, you think about your actions and determine if they are helping you make progress.

Some of your actions will help you make progress, and some won't. Reflect on your progress by using the strategy ***keep doing ... stop doing ...*** Identify what's working by asking yourself:

- Is this action helping me?
- How do I know?

You know an action is working when you make progress or improve over time. After you know what's working, you can determine what you should ***keep doing*** and ***stop doing***.

I used the strategy ***keep doing ... stop doing ...*** when I wanted to get better at drawing a landscape. I planned to get feedback from my teacher about my sketches. I also planned to watch YouTube videos on drawing landscapes.

I was following the steps in my plan—getting feedback and watching YouTube videos. I knew I was getting better, because my drawings were more detailed and my teacher said my shadowing techniques were much better. But I didn't have much time before the art contest. I needed to make progress more quickly. I thought about each action in my plan and asked myself if it was working.

I knew that the feedback from my teacher was helping, because it was very specific to what I needed to do. When we compared sketches, I could see how my techniques were improving, so that was an action I should ***keep doing***.

I wasn't so sure about watching YouTube videos. I couldn't determine anything specific the videos had taught me or ways they had helped me improve. I decided that watching the videos was an action I should ***STOP doing***. Not watching the videos also gave me more time to draw, which I knew was helping me get better!

Use the strategy ***keep doing ... stop doing ...*** when you want to identify which action steps are helping you make progress and which ones are NOT. Ask yourself:

- Is this action helping?
- How do I know?

If you can say exactly how the action has helped you, it's something should ***keep doing***. If you aren't sure, it's probably something you should ***stop doing***. The strategy ***keep doing ... stop doing ...*** will help you make progress more quickly!