To start working on this task, we will follow:

1. Set up a development environment for C++ programming. <https://code.visualstudio.com/docs/cpp/config-mingw>

<https://www.msys2.org/>

<https://www.freecodecamp.org/news/how-to-install-c-and-cpp-compiler-on-windows/>

<https://www.youtube.com/watch?v=9gV7Mc-GteM&ab_channel=JayantSJ>

1. Research and select a suitable C++ library for interacting with the Bitcoin RPC interface.

<https://github.com/WaqasAyubShah/bitcoin-api-cpp>

1. Review the documentation.

<https://bitcoincore.org/en/doc/>

1. Begin designing the structure of your program. Identify the main components, such as the function for importing block data, extracting necessary information for mining, and interacting with the external miner.
2. Test each component of your program thoroughly to ensure correctness. Verify that the imported block data is accurate, the mining process functions as expected, and the interactions with the external miner are successful.
3. Implement the continuous monitoring functionality by periodically pinging the local Bitcoin node for the block updates. Whenever a new block is detected, re –run the mining function with the latest block data.
4. Optimize the performance of the program.
5. For any bugs check this: <https://bitcoin.stackexchange.com/>