



ACTION BRAINSTORMING WORKSHEET

INSTRUCTIONS: Use this worksheet to brainstorm new ideas to move you closer to a goal or habit change. Do your best to come up with the full 5 actions or behaviors - one for each box below - completing the worksheet in any order. Remember this is brainstorming, so just because you write it down doesn't mean you have to do it - we're just looking for potential ideas to move you forwards! To wrap up this exercise, circle the actions you like the look of - or WILL do!

YOUR NAME:

DATE:

What is your goal, why are you brainstorming actions? I want to...

Thinking about your goal, what could you:

	STOP DOING	DO LESS OF	KEEP DOING	DO MORE OF	START DOING
1					
2					
3					
4					
5					