

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 at least 5 actions or behaviours—one for each box below—completing the columns in any order. Remember that in brainstorming: just because you write it down doesn't mean you have to do it! Instead you're simply looking for *potential* ideas to move you forwards. Then to wrap up this exercise, circle the actions you like—or WILL do!

Name _____ Date _____

Why are you brainstorming actions? What is your goal? I want to _____

Now, thinking about your goal, what could you:

	STOP doing?	Do LESS of?	KEEP doing?	Do MORE of?	START doing?
1					
2					
3					
4					
5					