**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 behaviours - 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!

**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** |  |  |  |  |  |