**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 |  |  |  |  |  |