



Organizing Your Life with Action Brainstorming



Today's Date: _____

Completion Goal Date: _____

Whether it's actions or behaviors, what could you STOP, do LESS of, KEEP DOING, do MORE of - and what could you START? By seeing your unhealthy habits on paper, you can begin to take action to replace these with healthy actions.

	STOP	Do LESS	KEEP DOING	Do MORE	START
1					Goal Date:
2					Goal Date:
3					Goal Date:
4					Goal Date:
5					Goal Date: