



Brainmapping Blueprint

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Use this to brainstorm new ideas to begin changing unwanted patterns and create the desired 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 that thing right away - we're just looking for potential ideas to move you forward! To wrap up this exercise, Circle the 3 most important actions needing completed right now. These 3 actions are your Daily Blueprint for the next 30 days. * This is NOT a To-Do List.

DO LESS OF

STOP DOING

DO MORE OF

KEEP DOING

START DOING

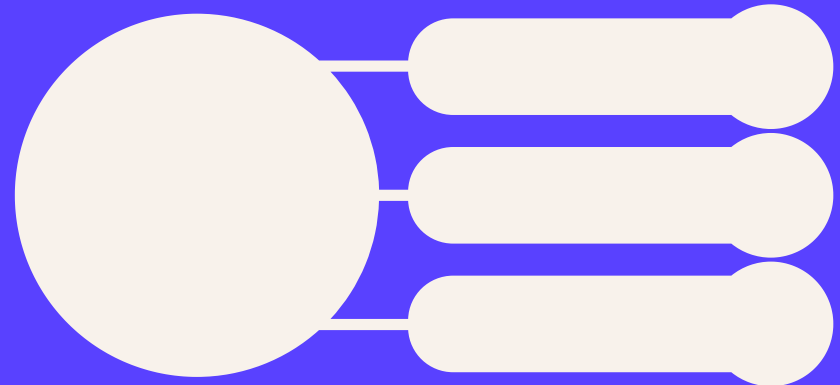
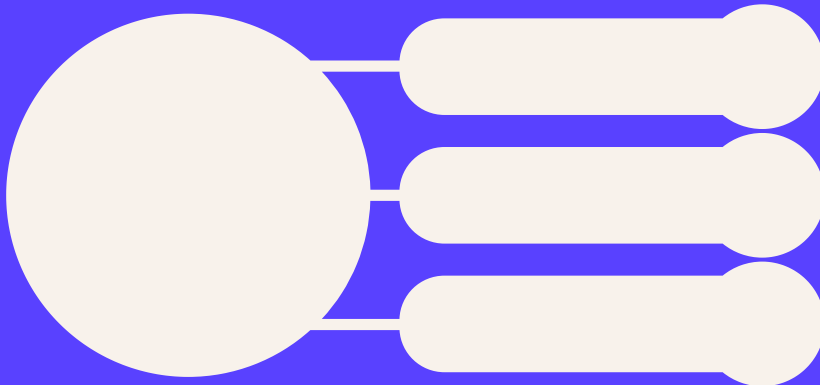
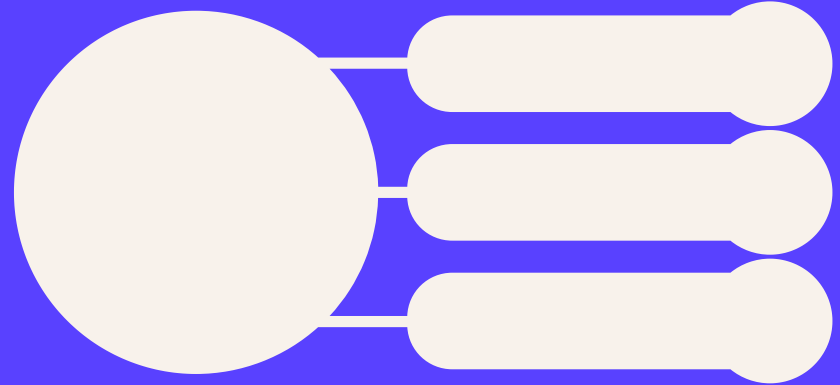
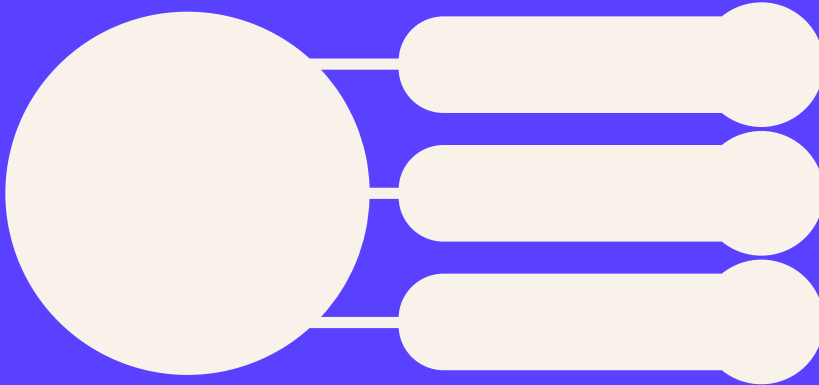
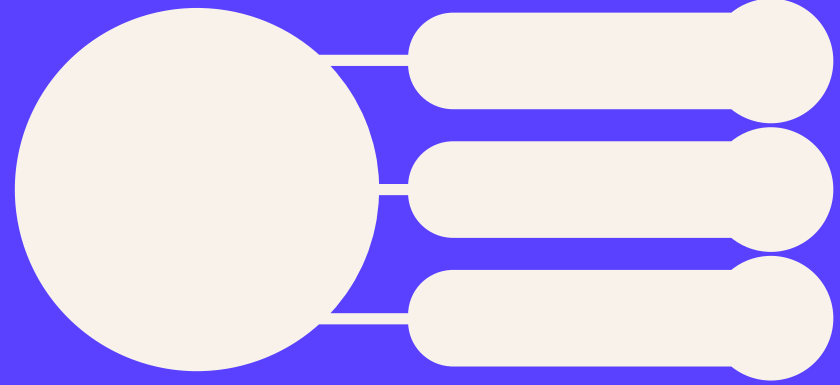
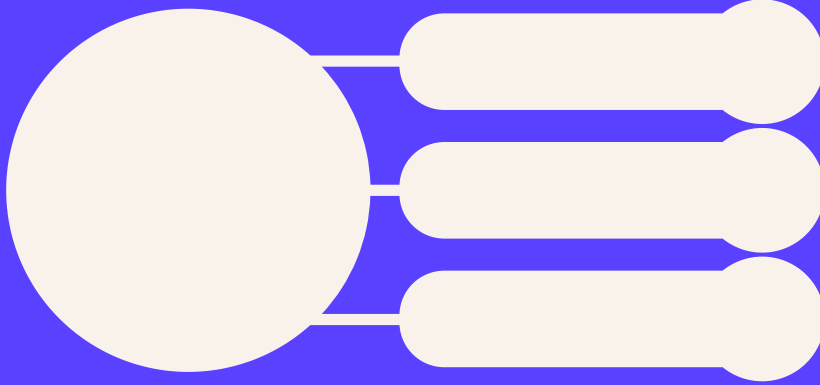


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Use this space for future goals or to help generate ideas to create your blueprint above
The only rule is, there are no rules. Create a blueprint that vibes with you.





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Make a Plan

Possible Obstacles
that could derail my
new habity

Ideas for how to
handle obstacles