



Action Brainstorming Worksheet

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!

Your Name: _____

Date: _____

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 | | | | | |