



# Take ACTION- “Brainstorming” Worksheet

**INSTRUCTIONS:** Use this worksheet to **brainstorm new ideas** that will move you a step closer to a **specific goal or habit change**.

- 1.) Choose 5 actions (or behaviors) - one for each box below – Complete the worksheet in any order.
- 2.) Remember you are “brainstorming”- (just because you write it down doesn't mean you'll have to do it – you're exploring potential ideas to move you forward!) – DO NOT overthink this! You don't have to be perfect...but you do need to TAKE ACTION or you won't have any movement.
- 3.) Finally, circle the actions you are most WILLING to follow through with. Create a calendar REMINDER to evaluate your progress in 7 days.

**Your Goal/Behavior:** \_\_\_\_\_ **Date you're STARTING:** \_\_\_\_\_ (*hint: TODAY!*)

**Why is this goal important right now?** I want to \_\_\_\_\_

Think about your goal and **QUICKLY** answer this question- **“What could I...(fill in the blanks below)?”**

	STOP doing	Do LESS of	KEEP doing	Do MORE of	START doing
1					
2					
3					
4					
5					