

Action Brainstorming

We all have bad habits we want to break. Think of three or four habits you want to change to help achieve your goals. First, write down your goals:

- 1.
- 2.
- 3.

Next, use the chart below to identify some habits you can adjust to help you achieve your goals. Fill out the chart below with ideas to help you move forward.

Habits	STOP doing:	Do LESS of:	KEEP doing:	DO more:	START doing:
1					
2					
3					
4					