



Action Brainstorming Worksheet

Name: _____

Date: _____

Whether it's actions or behaviors, what could you STOP, do LESS of, KEEP DOING, do MORE of - and what could you START?

| | STOP | Do LESS | KEEP DOING | Do MORE | START |
|---|------|---------|------------|---------|-------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |



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Aquisha Harris & Co.

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| 5 | | | | | |
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