



Phoenix Rising

Personal Development Coaching for Women

phoenixrisingwomencoaching.com

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 at least 5 actions or behaviours. Remember that in brainstorming, just because you write it down doesn't mean you have to do it! Instead you're simply looking for potential ideas to move you forwards. Then to wrap up this exercise, circle the actions you like—or WILL do!

What is your goal? _____ Now, thinking about your goal, what could you...

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



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