**INSTRUCTIONS:** Use this worksheet to brainstorm new ideas to move you closer to God and bring positive change at your current or next job. Do your best to come up with the full 5 actions or behaviors - 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 implement this exercise, focus on the action you feel the greatest ease in improving and move progressively towards the more challenging ones.

**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** |  |  |  |  |  |