**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Whether it's actions or behaviours, 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** |  |  |  |  |  |
| **5** |  |  |  |  |  |