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

As it relates to you achieving your dreams, what would you like to Stop Doing, Cut Back On, Continue, Increase and Begin Doing to achieve your dreams ?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **STOP Doing** | **Cut Back On** | **Continue**  | **Do MORE** | **Begin Doing** |
| **1** |  |  |  |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
| **4** |  |  |  |  |  |
| **5** |  |  |  |  |  |