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

From what you have learned, what behaviours will you STOP, MINIMIZE, KEEP DOING, do MORE of and which will you START?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **STOP** | **MINIMIZE** | **KEEP DOING** | **DO MORE** | **START** |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |