

EMPOWERED WOMEN WIN

We are a “Circle of Empowered Women” who Walk In Newness (WIN) while evolving in our communities, our professions, and our ministries.



Spring is upon us - While it is Spring Break “why not” Spring Clean our Lives, get unstuck and brainstorm new actions. Check out this easy 5 step process using the Action Brainstorming Tool [Worksheet](#)

5+ Questions to Brainstorm New Options and Ideas!

These questions are intended to stimulate your thinking for coming up with new ideas. Try:

- 1) What could be the very first step towards meeting your goal?*
- 2) What would your best friend suggest if they were advising you?*
- 3) What's one thing you could do to give yourself more possibilities?*
- 4) Suppose you had all the information you needed, what would be the next step/s?*
- 5) What if you could look through the eyes of someone you admire. What new options do you have now?*

DON'T HESITATE ANOTHER MOMENT! TAKE THIS TIME OF RESTART TO JUMP START YOUR DREAM



Action Brainstorming Worksheet

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INSTRUCTIONS: Use this time to restart, recalibrate and refocus. This worksheet is yours to brainstorm new ideas to move you closer to a goal or habit change. 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, we're just looking for potential ideas to move you forward! To wrap up this exercise, circle the actions you like the look of - or WILL do!

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					