



Good, Bad and New

The iSpeak Good, Bad, and New Tool helps you focus on specific behaviors or areas of your life by giving you an opportunity to review them. Consider what you are doing **Good** (things you need to continue doing), **Bad** (things you need to stop doing) and **New** (things you need to start doing) to either improve or maintain specific behaviors or areas of your home or work life.

	Behavior
GOOD	
BAD	
NEW	