

'KISS' Exercise

positivereflections

making a positive future

Exercise:

Take four sheets of paper and begin each sheet with one of the following sentences:

Sheet 1 - 'Keep Doing'

Sheet 2 - 'Improve Doing'

Sheet 2 - 'Start Doing'

Sheet 4 - 'Stop Doing'

After referring to the table below for more information, repeat and complete the sentence in as many ways as possible on each piece of paper. The exercise should initially take a minimum of 30 minutes and a maximum of 1 hour. You can also share your writing in the next session.

Rules:

This exercise can be stopped midway through and can be constantly reviewed for omissions. This exercise should ideally be reviewed on an ongoing basis.

Purpose:

This exercise can help you work out what is OK today or needs to be improved tomorrow or missing all together. You can also identify things that may need to stop completely or just reduced. Such things can be thoughts, behaviours or feelings.

K Keep Doing	List all the things that are OK in your life today and that you would like to have in the future. These things are OK the way they are and no change is needed today.
I Improve Doing	List all the things that are OK in your life today and that you would like to have in the future. These things are OK and can be improved in the future from today.
S Stop Doing	List all the things that are 'OK' in your life today. Such things may have been 'OK' in the past and it is 'OK' they stop in the future from today.
S Start Doing	List all the things you would like in the future and is OK for tomorrow. Not having such things is 'OK' today and in the past and to have them in the future is 'OK' from today too.