

change plan worksheet

THE CHANGES I WANT TO MAKE (OR CONTINUE MAKING) ARE:

THE REASONS WHY I WANT TO MAKE THESE CHANGES ARE:

THE STEPS I PLAN TO TAKE IN CHANGING ARE:

THE WAYS OTHER PEOPLE CAN HELP ME ARE:

I WILL KNOW THAT MY PLAN IS WORKING IF:

SOME THINGS THAT COULD INTERFERE WITH MY PLAN ARE:

WHAT WILL I DO IF THE PLAN ISN'T WORKING:

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THE CHANGES I WANT TO MAKE (OR CONTINUE MAKING) ARE:

*List specific areas or ways in which you want to change.
Include positive goals (beginning, increasing, improving behavior)*

THE REASONS WHY I WANT TO MAKE THESE CHANGES ARE:

*What are some likely consequences of action and inaction?
Which motivations for change seem most important to you?*

THE STEPS I PLAN TO TAKE IN CHANGING ARE:

*How do you plan to achieve the goals?
Within the general plan, what are some specific first steps you might take?
When, where and how will these steps be taken?*

THE WAYS OTHER PEOPLE CAN HELP ME ARE:

*List specific ways that others can help support you in your change attempt.
How will you go about eliciting others' support?*

I WILL KNOW THAT MY PLAN IS WORKING IF:

*What do you hope will happen as a result of the change?
What benefits can you expect from the change?*

SOME THINGS THAT COULD INTERFERE WITH MY PLAN ARE:

*Anticipate situations or changes that could undermine the plan.
What could go wrong?
How might you stick with the plan despite the changes or setbacks.*

WHAT WILL I DO IF THE PLAN ISN'T WORKING:

*Think of a Plan B.
If your plan really isn't working, how can you modify it so that it will work?
What can you add to or take away from the plan to make it more doable and/or effective?*