Change Plan Worksheet

1. Change(s) I want to make:

2. The most important reasons why I want to make the change(s):

3. The steps I plan to take in changing are:

4. The ways other people can help me are:

Person	Possible ways to help me	Told them about it?

5. I will know my plan is working if:

6. Some things that could interfere with my plans are:

7. How important is it to me to make the change(s)?

0	1	2	3	4	5	6	7	8	9	10

8. How confident am I that I can make the change(s)?

0	1	2	3	4	5	6	7	8	9	10