

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 I will do if the plan isn't working:

Reflection: On a scale of 1–10, how confident do you feel about taking that first step?

0 1 2 3 4 5 6 7 8 9 10