

Change-Plan Worksheet

Changes I want to make:

How important is it to me to make these changes? (1-10 scale)

How confident am I that I can make these changes? (1-10 scale)

The most important reasons I want to make these changes are:

The steps I plan to take in changing are:

How other people can help me:

Person

Kind of help

I will know my plan is working when:

Some things that could interfere with my plan are:
