

Change Plan Worksheet

Name

Date

The changes I want to make are:

- 1.
- 2.

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

- 1.
- 2.
- .

The steps I plan to take in changing are:

- 1.
- 2.
- .

The ways other people can help me are:

- 1.
- 2.

I will know that my plan is working if:

- 1.
- 2.

Some things that could interfere with my plan are:

- 1.
- 2.

What I will do if the plan isn't working:

- 1.
- 2.