

**Change Plan Worksheet**

1. The change I want to make is:
2. The most important reason I want to make this change is:
3. My main goal for making this change is:
4. I plan to do these things to achieve my goal:

Action	When

5. The first steps I plan to take in changing are:
  - a.
  - b.
  - c.

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

7. Other people who could help me in changing in these ways:

Person	Possible Ways to Help

8. I hope my plan will have these positive results:

9. I will know my plan is working when: