

## **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:**

## Change Plan Worksheet Outline

**The changes I want to make are:**

*List specific areas or ways in which you want to change  
Include positive goals (beginning, increasing, improving behavior)*

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

*What are some likely consequences of action and inaction?  
Which motivations for change seem most important to you?*

**The steps I plan to take in changing are:**

*How do you plan to achieve the goals?  
Within the general plan, what are some specific first steps you might take?  
When, where and how will these steps be taken?*

**The ways other people can help me are:**

*List specific ways that others can help support you in your change attempt  
How will you go about eliciting others' support?*

**I will know that my plan is working if:**

*What do you hope will happen as a result of the change?  
What benefits can you expect from the change?*

**Some things that could interfere with my plan are:**

*Anticipate situations or changes that could undermine the plan.  
What could go wrong?  
How might you stick with the plan despite the changes or setbacks*