

Change Plan Worksheet

1) The changes I want to make (or continue making) are:

2) The reason why I want to make these changes are:

3) The steps I plan to take in changing are:

4) The ways other people can help me are:

5) I will know that my plan is working if:

6) Some things that could interfere with my plan are:

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