

## Worksheet

### ACTION PLAN FOR CHANGE & PROBLEM SOLVING STEPS

1. A behaviour I would like to change:-

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2. Is this something you can achieve in the next week or two?  Yes  No

3. Is YES, move to the next questions. If NO, take it off the table for now and try again with something you are likely to have success with.

4. Is the question specific? If not, try to re-word it so it is easy to measure!

Does it answer the questions:

- a. What ?
- b. How much ?
- c. When ?
- d. How often ?

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How confident are you that you can make this change? \_\_\_\_\_  
(0 = not at all sure to 10 = absolutely sure)

If you are at 7 or more, you are ready to move ahead with planning your behavior change. If not, spend time thinking about the reasons why you may not feel ready. (See the back page for some problem-solving steps).

Try a new goal that you feel you can meet as a starting point, or maybe a smaller piece of a larger goal.

## Problem-solving steps

1) Identify the problem

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2) List ideas to solve the problem

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3) Select one method to try

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4) Check the results

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5) Pick another idea/method if the first didn't work

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6) Use other resources available and trial again. (Repeat Steps 1-5)

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7) If you have attempted to fix the problem with no success a few times, accept that the problem may not be solvable now. Think about what might help you to be ready to revisit it again in the future, get support from your healthcare team/family/friends, and re-visit when ready.