

## Change Plan Worksheet

The change I want to make is:

The most important reasons why I want to make this change are:

I plan to do these things in order to accomplish my goals:

Specific action

When?

Other people could help me with change in these ways:

Person

Possible ways to help

These are some possible obstacles to change, and how I could handle them:

Possible obstacle to change

How to respond

I will know that my plan is working when I see these results: