



## Change-Plan Worksheet

<b>Changes I want to make:</b>	
<b>How important is it to me to make these changes? (1-10 scale)</b>	
<b>How confident am I that I can make these changes? (1-10 scale)</b>	
<b>The most important reasons I want to make these changes are:</b>	
<b>The steps I plan to take in changing are:</b>	
<b>How other people can help me:</b>	
<b>Person</b>	<b>Kind of help</b>
<b>I will know my plan is working when:</b>	
<b>Some things that could interfere with my plan are:</b>	