

Change Plan Worksheet

The change I want to consider is:

My main goals in making this change are:

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

Obstacles:

How I could respond:

I plan to do these things in order to reach my goal:

Action (Be specific):

When?

Other people could help me in these ways:

Name:

How they could help me change:

How do I know my plan is working? What results should I expect?
