

Change Plan Worksheet

Many people find it helpful to use a worksheet like this one to help them sort through their reasons for change. Sometimes it's also hard to see what progress we've made as change often happens slowly. This worksheet can act as a kind of journal to help you see how far you've come especially if you become discouraged, which is normal. Feel free to use it - or not - in any way that might be useful to you.

What are the most important reasons for me to make this change?

1. _____
2. _____
3. _____

What do I want most from making this change?

1. _____
2. _____
3. _____

Other times that I've been successful (name them):

1. _____
2. _____
3. _____

How did I do that? What steps did I take then?

1. _____
2. _____
3. _____

What similar steps can I use this time?

1. _____
2. _____
3. _____