

BEHAVIOR CHANGE PLAN

What behavior do i want to change?

What will happen if I no longer do this behavior?

What can I do to start preparing to change?

1.

2.

3.

What steps do I need to take to make these changes happen?

1.

2.

3.

What can other people do to help me change my behavior?

1.

2.

3.

How will I know that I'm making progress?

What should I do if I start to go backwards?

What is something I can do today to start changing my behavior?