

THE CHANGE PLAN

Worksheet

Name _____

The changes I want to make are:

1	
2	
3	

The three most important reasons why I am making these changes are:

1	
2	
3	

The steps I need to take to make these changes are:

1	
2	
3	

People who can help and ways they can help include:

1	
2	
3	

Signs that my plan is working will be

1	
2	
3	

Things that could get in the way are:

1	
2	
3	