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.	
1.	do I want most from making this change?
Other	times that I've been successful (name them):
1. 2. 3.	
How d	lid I do that? What steps did I take then?
1. 2. 3.	
What	similar steps can I use this time?
1. 2.	

All materials based on *Motivational Interviquing*, 2nd edition, by William R. Miller & Stephen Rollnick, 2002, Guilford Press. May be copied & used for educational purposes ONLY in its original form.