



THE TOOL:

Change Plan Worksheet

EFFECTIVELY USED FOR WHICH OF THE 4 POINTS?

☒ **Building Motivation** ☐ Coping with Urges ☐ Problem Solving ☐ Lifestyle Balance

EQUIPMENT REQUIRED: Distribute a copy of this sheet to group members to help them to document their personal change plan.

1. The changes I want to make are:

2. The most important reasons why I want to make these changes are:

3. The steps I plan to take in changing are:

4. The ways other people can help me are:

Person

Possible ways to help me

5. I will know that my plan is working if:

6. Some things that could interfere with my plans are:

7. How important is it that you make this change:

Not at all Important

0 1 2 3 4 5 6 7 8 9 10

Most Important

8. How confident are you that you can make this change?

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