



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 Most Important
0 1 2 3 4 5 6 7 8 9 10

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

Acknowledgement: Thanks to team member Dr. Henry Steinberger