

Change Plan Worksheet

My Goal for Change

Why I want to make this change:

The steps I plan on taking to change:

Resources and Support

Barriers and Challenges

Signs of success

How ready am I to work towards these goals? 0(Not Ready) - 10 (Ready)

How important is it to make a change? 0(Not Ready) - 10 (Ready)

How confident am I that I can make a change if I wanted? 0(Not Ready) - 10 (Ready)