



Change Plan Worksheet

What changes do you want to make?

How important is it to you to make these changes? (1-10 scale)

How confident are you in making these changes? (1-10 scale)

What are the most important reasons you want to make these changes?

What steps will you take to make these changes?

How can other people help you make these changes? (List them out)

How will you know your change plan is working?

What are some things that will interfere with your change plan?