

The tool:



Change Plan Worksheet

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

Effectively used for which of the 4 points?			
<input checked="" type="checkbox"/> Building Motivation	Coping with Urges	Problem Solving	Lifestyle Balance
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:			
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?

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