



CHANGE PLAN WORKSHEET

- #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:
- #5) I will know that my plan is working if:
- #6) Some things that could interfere with my plan are:
- #7) What will I do if the plan is not working: