

Change Plan Worksheet

My Action Plan	
1. My overall goal is:	Date:
2. The specific behaviour changes I want to make (or continue making) are:	
3. The most important reasons why I want to make this change are (Motivation):	
4. I plan to do these things in order to achieve my goals (Actions):	
a) Specific actions	b) When I will take the steps
5. I know it's easy to have expectations that are too high. This is how I'm going to pace myself:	
6. What I need to change in my environment in order to make it easier to make these changes (Prompts):	
7. Other people could help me with change in these ways:	
a) Person	b) The ways they can help
8. I will know that my plan is working if:	
9a. Things that could interfere with my plan:	9b. How I will respond:
10. If things go wrong I will solve any problems by:	
11. How I will reward myself if my plan works:	

How confident am I that I can make this change?

0 1 2 3 4 5 6 7 8 9 10

Not at all confident Extremely confident

If things go wrong!

Solve the problem

- Identify what went wrong
- List ideas for possible solutions
- Select one and try it out
- Assess results
- If it didn't work try out another idea
- If no solution seems to work, accept that the problem might not be solvable right now