

Change Plan Worksheet

Name: _____ Date: _____

The changes I want to make are:

The most important reasons I want to make these changes are:

The steps I plan to make in changing are:

The ways people can help me are:

<u>Person</u>	<u>Possible ways to help</u>
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I will know that my plan is working if:

The things that could interfere with my plan are: