

Name _____

Change Plan Worksheet

Top five values: 1) _____ 2) _____

3) _____ 4) _____ 5) _____

Which of these values do you want to focus on today and what change are you ready, willing and able to make? _____

What are the most important reasons for making this change?

1) _____

2) _____

3) _____

What are your goals related to making this change? (i.e., lose 20 pounds, graduate from college, become a better parent)

1) _____

2) _____

3) _____

What action steps will you take in order to accomplish your goals and what date will you complete them by?

Specific Action	When



Who are the people that can help you with this change and how:

Person	Possible ways to help

What are some possible obstacles to change, and how I could handle them:

Possible obstacle to change	How to respond

What type of results will you see when you know that your plan is working?

Completed by: _____

