



THE TOOL:

Change Plan Worksheet

EFFECTIVELY USED FOR WHICH OF THE 4 POINTS?

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:

<u>Person</u>	<u>Possible ways to help me</u>
---------------	---------------------------------

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:

<u>Not at all Important</u>										<u>Most Important</u>	
0	1	2	3	4	5	6	7	8	9	10	

8. How confident are you that you can make this change?