



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>
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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:

Not at all Important

0   1   2   3   4   5   6   7   8   9   10

Most Important

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