



CHANGE PLAN EXERCISE

Planning is key to making successful changes. Use this worksheet to develop your own plan for making changes in your behaviour. Remember that this is about you!

In my future, I would like to ...

To get there, the changes I want to make are ...

The three most important reasons I am making these changes are:

1.

2.

3.

The steps I need to take to make these changes include:

1.

2.

3.

The ways other people in my life can help me are:

I will know that my plan is working if:
