

Change Plan Worksheet

- The change I want to make...**
- The reasons why I want to make this change...**
- My skills and abilities (including what I am already doing well in this area, as well as past or other successes) for this change...**
- The steps I plan to take...**
- The ways others can help me...**
- When I will start**
- How I will prepare for the start...**
- I will know my plan is working if...**
- Challenges that might interfere...**
- What I will do if the plan isn't working...**