

Change Plan Worksheet

Client: _____

Date: _____

The change I want to consider is:

My main goals in making this change are:

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

Possible Obstacles:	How to respond
1)	1)
2)	2)
3)	3)

I plan to do these things to accomplish my goals:

Specific Action	When?
1)	1)
2)	2)
3)	3)

Other people could help me with change in these ways:

Person	Possible ways they can help
1)	1)
2)	2)
3)	3)

I will know that my plan is working when I see these results: