

Worksheet for Change

The change I want to make is...



Barriers that could get in my way:



I want to make this change because:

- 1.)
- 2.)
- 3.)

Solutions for these barriers:

- 1.)
- 2.)
- 3.)

The steps I will take to change are:

- 1.)
- 2.)
- 3.)



People who can support me:



I will know my plan is working if:



How confident are you that you can make this change?

1 2 3 4 5 6 7 8 9 10