

# CHANGE PLAN WORKSHEET



Start Date	
Review Date	

What changes do I want to make?	
How <b>important</b> is it that I make these changes?	1    2    3    4    5    6    7    8    9    10
How <b>confident</b> am I that I can make these changes?	1    2    3    4    5    6    7    8    9    10
Why do I want to make these changes?	
Who can help me make these changes?	NAMES
	WAYS THEY CAN HELP
How will I know my plan is working?	
What things might interfere with my plan?	