



SMART Tool

THE CHANGE PLAN WORKSHEET

The changes I want to make are:
1
2
3
The three most important reasons why I am making these changes are:
1
2
3
The steps I need to take to make these changes are:
1
2
3
People who can help and ways they can help include:
1
2
3
Signs that my plan is working will be:
1
2
3
Things that could get in the way are:
1
2
3