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...