

Worksheet for Change

 The change I want to make is...

 Some barriers that could get in my way are:

Solutions to overcome these barriers are:

1.
2.
3.



Three reasons I want to make the change are:

1.
2.
3.

 Some people who can support me:

The steps I will take to change are:

1.
2.
3.

I will know my plan is working if:



How confident are you that you can make this change?

