Change Plan Worksheet

- The change I want to consider is:

- My main goals in making this change are:

- These are some possible obstacles to change and how I could handle them:
  Possible Obstacles: How to respond:

- I plan to do these things to accomplish my goals:
  Specific Action When?

- Other people could help me with change in these ways:
  Person Possible ways to help

- I will know that my plan is working when I see these results:

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