

Change Plan Worksheet

This tool is intended to be used as a guide in the Planning Process of MI to reinforce the client's motivation to make a particular change, identify personal and external resources to draw upon, prepare for challenges that may arise, and to celebrate progress along the way.

A change I want to make ...

The reasons I want to make this change ...

My strengths and skills that will help me be successful ...

Specific ways others can assist and support me ...

Person, program, resource

Ways to assist and support

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The next steps I plan to take ...

How I'll know when my plan is working ...

Who I'll turn to if I get discouraged ...



How I'll celebrate successes along the way ...
