

Client name:

Keyworker:

Date: / /

Change Plan Worksheet

The changes I want to make are

List specific areas or ways in which you want to change. Include positive goals e.g. starting to do something, stopping doing something, increasing positive behaviours

The most important reasons for making changes are:

- List the most likely consequences of action and inaction.
- What motivating factors for change are the most important?

The steps I plan to take in making changes are:

How do you plan to achieve the goals?

Within the general plan, list the first steps that you will need to take.

When where and how will these steps first be taken?

The ways that other people can help me are:

PERSON

POSSIBLE WAYS THEY CAN HELP

List specific people and specific ways in which they can support you in making changes.

How will you go about getting their support?

I will know the plan is working if:

What do you hope will happen as a result of the changes?

What benefits can you expect from the changes?

Some things that could interfere with my plans are:

Anticipate situations or changes that could undermine the plan.

What could go wrong?

How might you stick with the plan despite the changes or setbacks?

How important is it to make these changes? 1 2 3 4 5 6 7 8 9 10 How confident are you that you can make these changes? 1 2 3 4 5 6 7 8 9 10

How useful was this map and discussion?

NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful