

Client name:

Keyworker:

Date: / /

# Change Plan Worksheet

The changes I want to make are .....

The most important reasons for making changes are:

The steps I plan to take in making changes are:

The ways that other people can help me are:

PERSON

POSSIBLE WAYS THEY CAN HELP

I will know the plan is working if:

Some things that could interfere with my plans are:

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