

Worksheet for Change

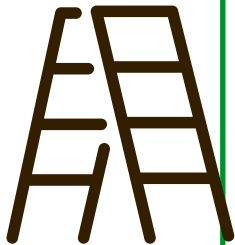
The change I want to make is...



The strengths I have to make this happen are:

Three reasons I want to make the change are:

- 1.
- 2.
- 3.



The steps I will take to change are:

- 1.
- 2.
- 3.

How confident are you that you can make this change?



Some barriers that could get in my way are:



Solutions to overcome these barriers are:

- 1.
- 2.
- 3.



Some people who can support me:



I will know my plan is working if:

