



ENABLE EXERCISE #25

My Change Plan Worksheet

1. The changes I want to make are:
2. The most important reasons why I want to make these changes are:
3. The steps I plan to take in changing are:
4. The ways other people can help me are:

Person

Possible ways to help me

5. I will know that my plan is working if:
6. Some things that could interfere with my plans are:
7. How important is it that you make this change:

Not Very Important

1

2

3

4

5

6

7

8

Very Important

9

10

8. How confident are you that you can make this change?