Change Plan Worksheet

(Adapted from Miller, Zweben, DiClemente & Rychtarik, 1999)	
The changes I want to make are: •	
•	
The most important reasons why I want to make these changes are: •	
•	
The steps I plan to take in changing are: • • •	
The ways other people can help me are:	
Person	Possible ways to help
reison	rossible ways to fleip
I will know that my plan is working if: • • •	
Some things that could interfere with my plan are: • • • •	
Signed by:	Witness:
This Plan will be reviewed days from today://	