**Change Plan Worksheet**

 *(Adapted from Miller & Rollnick, 2002)*

The specific change I want to make is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My IMPORTANCE (0-10) of making this change in my life now:

My CONFIDENCE (0-10) that I can make this change now:

The most important reasons I want to make this change are:

The steps I plan to take in order to make this change are:

*Specific Action When?*

The ways other people can help me make this change are:

*Person Possible Ways to Help*

Some things that could interfere with my change plan are:

*Possible obstacle to change How to respond/deal*

I will know that my change plan is working when I see these results: