

***The change I want to make is:***

| <b>The advantages of doing this</b>            | <b>The disadvantages of doing this</b>            |
|--|---|
|  |   |
| <b>The advantages of <u>NOT</u> doing this</b> | <b>The disadvantages of <u>NOT</u> doing this</b> |
|  |   |

This sheet is designed to be used with the Goal Setting and Problem Solving sheets to assist in identifying the priorities for change potential.



## CHANGE PLAN SHEET

**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 that other people can help me are:**

*Name of person*

*Possible ways they can help*

*I will know that my plan is working if:*

*Some things that could interfere with my plan are:*