

Advanced Change Plan

Identifying the steps towards change will make all the difference in your life.

The changes I want to make (or continue making) are: _____

The 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: _____

I will know that my plan is working if: _____

Some things that could interfere with my plan are: _____

What I will do if the plan isn't working: _____

Therapy Dave