

Tool 3.4: Create a change plan

You're getting clearer about what you want for your future. Now you need a plan. Use this worksheet to identify steps you can take toward the future you envision. Consider who can help you get there. Remember that strategies are just ideas. If your first (or hundredth) plan doesn't work, try a new one.

My change plan

Date:

Changes I want to make: (Ex: Avoid bars/clubs, sleep better, abstain within 1 week)

How important are these changes to me? (Rate from 1-10.)

How confident am I that I can make these changes?
(Rate from 1-10.)

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

Ex: I want to keep my job, I want my kids back, I'm concerned about my health

The steps I plan to take are:

Ex: Attend SMART meetings, plan healthy meals each week, make a doctor's appointment

Who can help me and how:

Person

Kind of help

Ex: Friend

Share healthy recipes

I'll know my plan is working when:

Ex: I can afford my own apartment, I'm always on time to work, I can have a normal conversation with my mom

Some things that could interfere with my plan are:

Ex: Having no plans on a weekend night, holiday season parties, last-minute changes to work schedule

I'll check in with myself on this change plan on (date):

Consider marking this date on your calendar, so you don't forget. If your plan isn't working out, edit it or start fresh and try again.