

## The change I want to make is:

The advantages of doing this	The disadvantages of doing this
The advantages of <u>NOT</u> doing this	The disadvantages of <u>NOT</u> doing this

**GP Notes:** 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:**