

Planning for Change

Purpose: Once an area of change has been identified, it is helpful to explore how to achieve it in more detail.

Instructions: Complete the questions below.

Future Vision

When I achieve this, what will be different in my life? What will I or others notice in terms of behaviour, relationships, mood, and thinking?

My Starting Point

On a scale of 1–10, where am I now? _____
(1 = Haven't started; 10 = Have reached my goal)

Actions

Steps I can take toward making this change are:
(Tip: Consider what has been helpful so far. What needs to happen to move up one notch?)

Specific Action: _____ When: _____

Specific Action: _____ When: _____

Supports

People who can support me in these changes:

Person: _____ How they can help: _____

Person: _____ How they can help: _____

Speed Bumps

What might get in my way, and how will I handle these obstacles?

Possible obstacle: _____ Response: _____

Possible obstacle: _____ Response: _____

Evaluation

When will I evaluate my progress? _____

How will I know my plan is working? _____

What results will I see? (Tip: Look for the first signs of your future vision taking place.)