

## Worksheet for a Simple Plan

**The changes I want to make are:**

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**The most important reasons I want to make these changes are:**

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**My main goals for myself in making these changes are:**

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**I plan to take these specific steps towards my goal:**

**Action:**

**Completion Date:**

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*(continued on other side)*

**The initial steps I will take are (what, how, with whom, etc.):**

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

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**Other people who might help me work my plan are:**

**Person:**

**Possible Ways to Help:**

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**My plan will have these positive results:**

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