

Tool 3.4: Create a change plan

Date:

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

Changes I want to make:

Ex: Stop stress-eating when I'm worried about my friend

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: It doesn't help them and it's unhealthy for me

The steps I plan to take are:

Ex: Attend SMART Family & Friends meetings, don't buy unhealthy food, find a good walking path in my neighborhood

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Who can help me and how:

Person

Kind of help

Ex: Toni next door

Share favorite
running route

I'll know my plan is working when:

Ex: My pantry and fridge are consistently stocked with healthy options

Some things that could interfere with my plan are:

Ex: If my friend gets kicked out again and needs somewhere to stay

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.