

# MY PLAN FOR CHANGE

In order to improve my lifestyle, the first change I plan to make is:

\_\_\_\_\_ (What activity are you going to do?)

\_\_\_\_\_ (How often are you going to do it?)

\_\_\_\_\_ (When are you going to do it?)

Steps I might need to take in order to make this change are:

\_\_\_\_\_  
\_\_\_\_\_

Barriers I might need to overcome in order to make this change are:

\_\_\_\_\_  
\_\_\_\_\_

Not at all  
Confident

Completely  
Confident

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

I am \_\_\_\_\_% certain I can make this change.

(10% means I am not sure I can do it, and 100% is being absolutely positive I can do it.)

When I have successfully made this change, I will reward myself by:

\_\_\_\_\_

If problems arise that prevent you from meeting your plan, write them in this box:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_