

## Change Plan Tool

The Change Plan helps you to plan a change that you want to make in your life. It turns your intentions into action, boosting your chances of success. To find out more join a SMART meeting.

Changes I want to make:

How important is it to me to make these changes? (1-10 scale)	
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How confident am I that I can make these changes? (1-10 scale)	
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The most important reasons I want to make these changes are:

The steps I plan to take in changing are:

How other people can help me (person; kind of help):

I will know my plan is working when:

Some things that could interfere with my plan are: