1. The changes I want to make are:

2. The most important reasons why I want to make these changes are:

3. The steps I plan to take in changing are:

4. The ways other people can help me are:

   Person | Possible ways to help me

5. I will know that my plan is working if:

6. Some things that could interfere with my plans are:

7. How important is it that you make this change:

   Not Very Important | Very Important
   1  2  3  4  5  6  7  8  9  10

8. How confident are you that you can make this change?