

Planning for Behavior Change

1. Behavior (s) that I would like to modify or change: *(be specific)*

2. List the top three reasons for wanting to make the change (s) identified above.

3. Identify the specific steps that will help me accomplish the change (s) I want to make:

1.

2.

3.

4. Identify barriers that may get in the way with my ability to accomplish the desired change (s).

- a.

- b.

- c.

- d.

5. List the supportive people in my life who will assist in my desired change (s) including how they can be helpful.

Person:

can help me by:

Person:

can help me by:

Person:

can help me by:

6. By making the desired change, I am hoping I will have the following effects:

a) _____

b) _____

c) _____