Planning for Behavior Change

1.	Behavior (s) that I would like to modify or change: (be specific)
	List the top three reasons for wanting to make the change (s) entified above.
	Identify the specific steps that will help me accomplish the change) I want to make:
	1
	2
	3
	Identify barriers that may get in the way with my ability to complish the desired change (s).
	a
	b
	C
	d

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)	

5. List the supportive people in my life who will assist in my desired

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