

Sample Change Plan

"What are some reasons for wanting to make this change?"
"What, if anything, concerns you about making the change?"
"What makes the change important to you?"
"What else makes it important?"
"What kinds of steps do you think you will need to take to move in the right direction?"
"What is one thing you could do fairly soon (or today or this week) to start the process, if you choose to?"
"Who in your life would be available to help with these changes?"
"What might get in the way, and how would you address these barriers?"
"How will you know your plan is working?"

