What specifically do you want to change

1

What will you do to make that change happen?

2

How much of this will you do, or how often will you do it?

3

What needs to happen to allow you to do this?

4

How confident are you that you can do this? (circle)

NOT VERY VERY

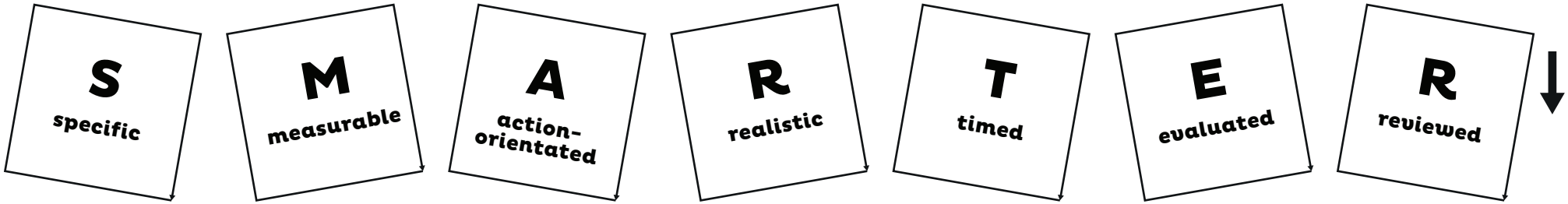
1 2 3 4 5

How important is the change for you? (circle)

NOT VERY VERY

1 2 3 4 5

5



How will you review what to do next? With whom can you discuss this?

10

When will you reflect on progress? How will you know when you've achieved your goal? How will you feel?

9

What can you do to get over these barriers to change?

8

What is likely to stop you doing this?

7

By when will you have done this?

6