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Practice Exercise Change Plan Worksheet for Clients

The changes I want to make are:

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

My main goals for myself in making these changes are:

I plan to do these things to reach my goals:

Plan of Action: _____

When: _____

The first steps I plan to take in changing are:

Some things that could interfere with my plan are:

Other people could help me in changing in these ways:

Person: _____

Possible ways to help: _____

I hope that my plan will have these positive results:

I will know that my plan is working if:
