



Change-Plan Worksheet

Print one sheet per habit you would like to break or build

Habit I would like to break/build:

Reasons for making this change:

Steps I will take to break/build this habit:

- 1.
- 2.
- 3.

Who can help me:

How they can help me:

Dates I will evaluate my progress:

- 1.
- 2.
- 3.

What things get in the way of my progress? How can I prepare for them?

How will I reward myself when I have succeeded?