

SMART Tool: Change Plan Worksheet

Date _____

Changes I want to make:

How important is it to me to make these changes? (1-10 scale)

How confident am I that I can make these changes? (1-10 scale)

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

How other people can help me

Person

Kind of help

I will know my plan is working when:

Things that could interfere with my plan are:

Discover The Power of Choice!

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