

## 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:

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**0330 053 6022**