

Personal Change Plan

The change I want to make is: _____

My triggers to _____ are: _____

Times and situations that will be most difficult: _____

Benefits of reaching my goal: _____

Possible Roadblocks to Success

Ideas to Overcome Roadblocks

SMART steps I will take to make this change or accomplish my goal:

1) _____

2) _____

3) _____

4) _____

5) _____

(Specific, Measurable, Attainable, Realistic, Timely)