



A Change Plan Worksheet – Initial Visit

The main change that I would like to see 12 weeks from now is (Long Term Goal):

The most important reasons why I want to make this change are:

Other people could help with change in these ways:

Person

Possible ways to help

These are some possible obstacles to change, and how I could handle them:

Possible obstacle to change

How to respond

I will know that my plan is working when I see these results:

Rate your level of motivation related to your long term goal:

0 = not motivated

5 = somewhat motivated

10 = extremely motivated

0 1 2 3 4 5 6 7 8 9 10



Miller, W.R., & Rollnick, S. (2002). *Motivational Interviewing-Preparing People for Change* (2nd ed.). (p.137). New York: Guilford Press.

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