

Preparing for Change

Now try your hand at writing down a goal that is concrete, measurable, and doable; something you can accomplish yourself or with a willing supporter, not something that requires recruiting some one else.

I am preparing to make the following change:

1. Name the reason you think something must change.
2. Name benefits of staying the same.
3. Name benefits of changing.
4. Describe the difference you want to experience.
5. Name a small change one could make that would lead to the desired outcome.
6. Acknowledge how you feel when thinking about making the change.
7. How important is it? You can use a scale of 1 to 10.
8. What makes it so important?
9. What else will have to happen to make change possible?
10. What might sabotage the process?
11. How will you handle the potential sabotage?
12. What will happen if you stayed the same?
13. How can the change be broken down into small, manageable pieces?
14. What support would help you accomplish this?
15. Who can provide that support?
16. How will you know when you have achieved the change?

When you're ready to commit to a new behavior, write your plan for the week and check it off each time you accomplish what you set out to do.