

Action Plan for Change

#1 **Where am I now and where do I want to go?** Determine what you want to change. Describe your current situation regarding that challenge and then determine your goal – describe what you want your situation to be like when you make changes.

Current situation:

Goal:

#2 **Why do I want to take action?** List at least 3 reasons you want to take action:

- 1.
- 2.
- 3.

#3 **What needs to change?** Generate a list of potential action steps and then analyze them according to these criteria: 1) relevant and meaningful, 2) realistic to implement, and 3) sustainable.

#4 **Who can help?** Who can serve as a support system for change? List one or more people that you can enlist for support and then enlist them!

#5 **When will I take steps toward my goal?**
Put a timeline on your plan and determine an initiation date and the first step you plan to take.