



Mind what Matters

INDIVIDUAL CHANGE PLAN

1 **THE MOST IMPORTANT REASONS FOR THIS CHANGE ARE:**

2 **MY MAIN GOALS FOR THIS CHANGE ARE:**

3 **I PLAN TO DO THESE THINGS IN ORDER TO ACCOMPLISH MY GOALS**

SPECIFIC ACTION

POSSIBLE WAYS TO HELP

4 **THESE ARE SOME OF THE OBSTACLES (BARRIERS) TO CHANGE AND I HOW I COULD HANDLE THEM:**

POSSIBLE BARRIERS TO CHANGE

HOW TO RESPOND

5 **I WILL KNOW THAT MY PLAN WILL BE WORKING WHEN I SEE THESE RESULTS:**