

TOOL: Change-Plan worksheet

Now that you identified what you want for your future and what you need to do to get there, you need a plan. In the Change-Plan worksheet, identify steps you can take toward your goal (envisioned future) and consider people who can help you get there. Create strategies to help you progress and identify signs that show you're making progress. If a strategy doesn't work, don't give up; use it as an opportunity to try something different.

You also may use this tool as a problem-solving worksheet because it can help you break large problems into smaller steps to focus your efforts so that you don't get overwhelmed.

Figure 3.3. Change-Plan worksheet (example).

Changes I want to make:	
Abstain within a week.	I want to eat better.
I want to be abstinent long-term.	I want to sleep better.
I want to avoid bars.	
How important is it to me to make these changes? (1-10 scale)	10
How confident am I that I can make these changes? (1-10 scale)	6
The most important reasons I want to make these changes are:	
How other people can help me:	
Person	Kind of help
Friend	Call me when I'm not feeling well.
Mom	Share her recipes for healthy meals.
Doctor	Monitor my overall health.
I will know my plan is working when:	
I stay sober.	I make it to work on time.
I can sleep.	I stay away from bars.
I'm eating better.	I see my doctor regularly.
Some things that could interfere with my plan are:	
Seeing a drinking friend and being pressured to go for drinks.	Isolating myself; staying inside and not exercising or eating properly.
Having a drink.	Not going to SMART meetings.

My Change-Plan worksheet

Date _____

Changes I want to make:	
How important is it to me to make these changes? (1-10 scale)	
How confident am I that I can make these changes? (1-10 scale)	
The most important reasons I want to make these changes are:	
How other people can help me:	
Person	Kind of help
I will know my plan is working when:	
Some things that could interfere with my plan are:	