

Personal Change Plan

5 Stage Process For Real Personal Change

1. What do you want to change?

Be specific. Decide on one thing you want to change in your life. Ask yourself 'why?' the change is needed and write down your reasons.

1.

2. What contributes to the problem?

View the change as a problem that needs to be rectified. Now ask 'how?' the problem occurs.

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

3. What is preventing progress?

What has stopped you from taking action in the past? What barriers are in your way?

1.

6.

2.

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10.

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4. Explore what you can do about it.

Explore what can be done to address each factor and create actionable solutions.

Contributors	Solutions

Barriers	Solutions

5. Take action!

Work through your actions and update and review your change plan when you make progress or identify new factors. Try to make consistent, sustainable changes to reach your goal. You can do it!

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