

Positive Change Plan

Step one: What is my main goal?

Step two: Why do I want to achieve this goal?

Step three: Ideas for achieving my goal	
1	
2	
3	
4	
5	
6	
7	

Step four: What are the benefits and challenges of these ideas? How can I deal with the challenges?		
Idea	Benefits	Challenges
1		
2		
3		

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4			
5			
6			
7			

Step five: Work out a plan – turning my ideas into actions

1	
2	
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Review:

Step six: Do it! Put my plan in action.

Step Seven: Review the outcomes.

What is going well?

What isn't working and why?

What did I learn?

Do I need to look at other ideas?

What are my next steps?