

Change Plan Worksheet

One **change** I want to make is:

This change aligns most with my **core value** of:

How **important** is it to me to make this change? (1-10 scale)

How **confident** am I that I can make this change? (1-10 scale)

One thing that would help me **increase my confidence** is:

The most important **reasons** I want to make this change are:

The **steps** I plan to take in changing are:

People who can help me + How they can help:

- 1.
- 2.
- 3.
- 4.

I will know my plan is **working** when:

Some things that could **interfere** with my plan are:

Sample completed change plan

One **change** I want to make is:

Listen to people without interrupting them

This change aligns most with my **core value** of:

humility

How **important** is it to me to make this change? (1-10 scale) 8

How **confident** am I that I can make this change? (1-10 scale) 6

One thing that would help me **increase my confidence** is:

Learning more about listening skills

The most important **reasons** I want to make this change are:

-I've had feedback from family members that I do this, it bothers them, and I care about that
-if I listen more to others, I might learn more and have better relationships

The **steps** I plan to take in changing are:

1. Looking for advice about listening skills on YouTube
2. Asking my counselor for help at my next appointment
3. Trying to notice it during conversations throughout the day
4. When I notice I do it, apologizing that I interrupted and going back to listening

People who can help me + How they can help:

1. My partner – can give me a signal during conversations that I'm doing it, or tell me after

2. My friends – can also help signal or tell me if I'm doing it

3. Counselor – can give me more tips

4.

I will know my plan is **working** when:

-my partner tells me I'm not doing it as much
-I notice myself listening more than talking

Some things that could **interfere** with my plan are:

-Forgetting to do it
-Missing counseling appointment
-not finding resources on the web to learn more listening skills