

Positive Change Plan

| Step one: What is my main goal? | |
|---------------------------------|--|
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| 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 | | |

Step four: What are the benefits and challenges of these ideas? How can I deal with the challenges?

| | | | |
|---|--|--|--|
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |

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

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |

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?