

Change Plan Worksheet

The Changes I want to make (or continue making) are:

- physically active & avoid sedentary life
- To be outside
- "do" things together

The reasons why I want to make these changes are:

I want us to bond more, happy.  
I value/like being active  
I want to utilize this summer time

The steps I plan to take in changing are:

I want him to become member of Rec Center  
~~I want to talk to him~~ ← Scheduled time  
Alternatively remind each other  
Finding people who are interested in activities

The ways other people can help me are:

Person	Possible Ways to Help
Kahl	talk, remind
Group	
Floater	

I will know that my plan is working if:

Some things that could interfere with my plan are:

Old pattern could repeat

What I will do if the plan isn't working( Plan B or "the backup plan):

Notes: What is my commitment level?

Future plans: Community building

Developing the Desire to Change

Dhara  
June '13

- Need to change - "I am concerned about my behavior and need to change"
- Desire to change - "I want to change because...."
- Reasons to change - "I want to change because...."
- Ability to change - "I can change because..."
- Commitment to change - "I will change"

Values	Behavior which fits with my values	Behavior which does not fit with my values
It is important for me to be....	I like myself when I....	I dislike myself when I .....
Example Trusted by others	Do what I have said I will	Steal something
healthy - active, doing things - avoid medical/health related problems	am healthy active and doing things without any health issue	sense I am sick or dull and when it limits my physical activity / normal work
to do yoga and exercise to remain healthy	- am physically active and caring for my health - taking time off for myself	- I don't do exercise/ yoga for days and find myself relaxing whole day to find my body stiff - when I cannot relax & concentrate as I have other things going on in my mind - I do not prioritize exercise/ yoga but I want to be healthy

Looked @  
Reflected @

VALUES

coincide with diversity

Value cards for students or clients

MI website has value cards