



EXERCISE:
CHANGE MOTIVATION ASSESSMENT



SMART
Family & Friends

Planning is a key to making successful changes. Use this worksheet to develop your own plan for making a specific change in your behavior. Fill out a new worksheet for each additional behavior you plan to change.

1. The change I want to make is:

2. The most important reasons why I want to make this change are:

3. The steps I plan to take in making this change are:

4. The ways other people can help me are:

Person:

Possible ways to help me:

5. I will know that my plan is working if:

6. Some things that could interfere with my plans are:

7. How important is it that I make this change?

Not important

Very important

0 1 2 3 4 5 6 7 8 9 10

8. How confident am I that I can make this change?

Not confident

Very confident

0 1 2 3 4 5 6 7 8 9 10

