

Appraising Change

The Pros and Cons of Change

The change I want to make is:

The advantages of doing this	The disadvantages of doing this
The advantages of NOT doing this	The disadvantages of NOT doing this

This sheet is designed to be used with the Goal Setting and Problem Solving sheets to assist in identifying the priorities for change potential.



Appraising Change

Change Plan Sheet

The changes I want to make are:

The most important reasons why I want to make these changes are:

The steps I plan to take in changing are:

The ways that other people can help me are:

Name of person	Possible ways they can help

I will know that my plan is working if:

Some things that could interfere with my plan are:

