

MY Progress-Plan

Date \_\_\_\_\_

**An alteration I prefer to make is:**How **important** might it be to ME to put in effort to make this alteration?

Not at all

Most Important

0 1 2 3 4 5 6 7 8 9 10

How **confident** am I that I might be able to make this alteration?

Not at all

Most Confident

0 1 2 3 4 5 6 7 8 9 10

**An important reason I prefer to make this alteration is:****How an ACTION, or another person or group, might assist me could be:**

Action or Person

How this might **assist** me:**I might know my plan could be working when:****Something that might interfere with my plan could be:****What I might do to avoid or deal with this:****What I might be learning from this part of my journey:**