
MAKING A PLAN FOR CHANGE

Planning for successful change is about getting specific and setting goals that are attainable and relevant. While it can seem that setting a goal is the endpoint, we also know that many patients set goals and then don't make changes. The skills of motivational interviewing can help to make the behaviour change successful.

It's easy to get ahead of your patient's readiness. At any time in planning, you may need to review your engagement, alter the focus, or spend time eliciting more of the patient's perspective or ideas.

Writing down a plan can help to make it clearer:

C H A N G E P L A N

The change I wish to make is...

The reasons I want to make this change are...

The steps I plan to make in changing are...

The ways other people can help me are...

The date I will start...

Some things that may interfere with my plan, and how I may overcome them...

All of the skills of motivational interviewing are equally relevant and useful in planning for behaviour change. The skills can be reviewed in the following information sheets:

- *Advice Giving*
- *Asking Evocative Open Questions*
- *Importance and Confidence*
- *Microskills for Motivational Interviewing*
- *Resistance to Change*
- *Tuning in to Change Talk*

SMART GOALS

Making a change is easier if you're working on a goal that is SMART. Put the goal to the test with the following questions:

SPECIFIC

What exactly is it you want to achieve?

MEASURABLE

How can you measure and track the progress of the goal?

ATTAINABLE

Is it attainable in the given timeframe?

RELEVANT

Is it something that you really want to do? Will it directly benefit you?

TIME BOUND

When do you want to achieve this goal by?