

Change Plan Worksheet

Name: Jacob Turner

Age: 32

Date: Jan 19, 2024

Area of Change

Identify the specific area or behavior you want to change:

Reducing depressive episodes and increasing daily motivation.

Reasons for Change

List your reasons for wanting to make this change:

To improve overall mental health and quality of life.

To engage more actively in social activities and rebuild relationships

Goals for Change

Define your short-term goals:

Start exercising three times a week; attend weekly therapy sessions; meditate for 10 minutes daily.

Define your long-term goals:

Develop a stable routine that includes social activities and self-care; decrease reliance on medication under medical guidance.

Barriers to Change

Identify potential obstacles and how you plan to overcome them:

Lack of motivation on low days; social anxiety. I plan to use a mood tracker; seek support from a close friend when feeling anxious about social interactions.

Strategies for Change

Outline specific strategies or actions you will take to achieve your goals:

Schedule workouts with a friend for accountability.

Set reminders for meditation and therapy appointments.

Create a mood journal to monitor daily emotional states.

Support System

Identify individuals or groups who can support you in this change:

Best friend, Alex; therapist, Dr. Susan Reid; local support group for depression.

Measuring Progress

How will you measure progress towards your goals?

Weekly self-assessment of mood and motivation levels.

Monthly review with therapist.

Timeline

Set a timeline for achieving your goals.

First progress review in three months (April 20, 2024).

Additional Notes

I feel hopeful about the changes but acknowledge occasional feelings of sadness. I promise to follow through with the plan.

Health Professional's Observations and Recommendations

Observations and Recommendations:

Jacob shows signs of improvement and has a positive outlook on recovery.

Recommended to continue therapy and consider joining a hobby group to enhance social engagement.

Name of Health Professional and Signature:

Dr. Susan Reid

Name of Practice:

New Horizons Mind Wellness Center