

My Thirty-Day Plan to Change

You can use this form to complete activity 8.3 in chapter 8 of Grief Recovery for Teens.

Three things I want to change	1.	2.	3.
Reasons why I want to change this...			
What I need to do to make these changes			
People who can help me with these changes			
How people can help me with these changes			
What might screw up my plan			
If this is happening, my plan is working...			