

**Structured Worksheet:  
Skillful Means: Behavior Activation**

# **Vital Change Plan of Action**

**EFFECTIVELY USED FOR WHICH OF THE 4 POINTS?**

Motivation  Behavior Activation  Problem Solving  Lifestyle Balance

**EQUIPMENT REQUIRED:**

**1. The change I want to make is:**

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

**3. The steps I plan to take in changing are:  
Specifically! What I am willing to do . . .**

**4. The ways other people(or programs or rituals) can help me are:  
Person Possible ways to help me**

**5. I will know that my plan is working if:**

**6. Some things that could interfere with my plans are:**

**7. How important is it that you make this change:**

**Not at all Important Most Important  
0 1 2 3 4 5 6 7 8 9 10**

**8. How confident are you that you can make this change?**

