Individual Change Plan

FORWARD THINKING

Participant Self-evaluation

Unique Client ID: _____	***Assessment Type:*** ☐ Pre ☐ Post
Facilitator: _____	***Session Type:*** ☐ Group ☐ Individual
Organization: _____	***Date Completed:*** ____ / ____ / ____

Circle the number that best represents your level of agreement. Then, have your facilitator calculate the average score for each category (Attitudes, Knowledge, and Skills).

Attitudes

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. I view this program as an opportunity for behavior change.	1	2	3	4
2. I have a desire to be a positive role model for others.	1	2	3	4
3. I intend to spend more time around my positive influences.	1	2	3	4
4. I intend to avoid or cope with negative influences.	1	2	3	4
5. I have behavior change goals that are realistic, prosocial and meaningful.	1	2	3	4
6. I have personally important motivations for change.	1	2	3	4
7. I am willing to adjust or modify my action plan to further my change efforts.	1	2	3	4

Attitudes Average (Total ÷ 7) =

Knowledge

	Strongly Agree	Agree	Disagree	Strongly Disagree
8. I am able to identify the feelings associated with my top three issues.	1	2	3	4
9. I am able to identify the behaviors associated with my top three issues.	1	2	3	4
10. I am able to identify the values that are important to me.	1	2	3	4

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	Strongly Agree	Agree	Disagree	Strongly Disagree
Knowledge (continued)				
11. I am able to identify positive people, places and things that influence my behavior.	1	2	3	4
12. I am able to identify negative people, places and things that influence my behavior.	1	2	3	4

Knowledge Average (Total ÷ 5) = ⬭

Skills

	Strongly Agree	Agree	Disagree	Strongly Disagree
13. I demonstrate the values that are important to me.	1	2	3	4
14. I have a network of individuals that support my change efforts.	1	2	3	4
15. I appropriately use self-reward to reinforce my positive behavior.	1	2	3	4
16. I substitute problem behaviors with healthy alternatives.	1	2	3	4
17. I implement my ideas about how to spend more time around positive influences.	1	2	3	4
18. I implement my ideas about how to avoid or cope with negative influences.	1	2	3	4
19. I have access to supportive groups of people, services and other resources.	1	2	3	4
20. I can identify the action steps required of a larger behavior change goal.	1	2	3	4
21. I implement the action steps required of a larger behavior change goal.	1	2	3	4

Skills Average (Total ÷ 9) = ⬭

Overall Score

Overall Average (Overall total ÷ 21) = ⬭