

My Name:		Today's date:
In 3 or 6 months' time I want to have ...		
The changes I need to make for this to happen are...		
The change I will make now is...		
The challenges I may face are...		
I will overcome these challenges by...		
I'll know I have achieved my change when.....		
I will celebrate my change by...		
I will move onto my next change in...		

\_\_\_\_\_

My signature

\_\_\_\_\_

HCP signature

\_\_\_\_\_

Review Date

Let's do #1change at a time for our health and to preserve our NHS!