

Commitment to Change: Your Personal Plan



Question #1

List five key messages, tools, or techniques that you will take away from this course and plan to implement when you get home.

(You may refer to your notes completed after each lecture)

3 minutes

Question #2

List primary “spheres of influence” where you have the ability to create an impact (e.g., self, patients, family, office, colleagues, practice, hospital, schools, health plan, etc.).

2 minutes

Question #3

Look at your answers for Question #1, circle the item you plan to integrate first. Choose something you can integrate within 3 to 6 months.

Then, look at your answers from Question #2, circle the “spheres of influence” you will target to make this change.

2 minutes

Question #4

List the things you hope to achieve 6 months from now by implementing this change.

2 minutes

Question #5

List the steps you need to take in the next 3 to 6 weeks in order to realize your long-term goals.

2 minutes

Question #6

List the challenges you expect to encounter throughout implementation.

2 minutes

Question #7

List the strategies you will use to overcome these expected challenges.

2 minutes

Turn to your neighbor...

In groups of 2, spend the next 10 minutes discussing your individual plans, including challenges, expected outcomes, etc. The first person should talk through their entire plan for 4 minutes, then switch.

8 minutes

Formalize your commitment...

Use what you've learned from your neighbor and complete your own personal Action Plan (on page 3).

4 minutes

**Present your Action Plan
to the whole group.**

Final Step

- If you choose, please neatly copy your commitment onto a separate sheet and hand in to staff. Please indicate if you would like it posted on our website (with or without your name).