

Change Plan

Motivational interviewing · Use: in session, then home · Cockpit segment 5

How Tayla's sheet was filled in. A small plan she chose. She takes it home and brings it back.

The changes I want to make

- *Walk Milo again: short walks*
- *More music and time with my friends*

My reasons

- *I want to see my friends more*
- *Feel better in my body. Milo's happy.*

My steps

- *Tuesday and Saturday: a 10-minute walk, music on*
- *Text a friend about a river-track walk*

Who can help, and how

- *Mum reminds me after breakfast*
- *A friend walks with me on Saturday*

I'll know it's working if

- *Two walks ticked on my sheet*
- *I saw a friend this week*

Things that could get in the way

- *I don't feel like leaving the house*
- *I forget, or it rains*

If the plan isn't working

- *Make it smaller: 5 minutes, to the end of the street*
- *Bring the sheet back and we re-plan*

Standard MI change-plan prompts (Miller & Rollnick, 2023). Mindspan house sheet MI 07 is original text and layout.

If this topic brings something up for you, pause and look after yourself. In crisis or feeling unsafe, call **000**. 24/7 support: **Lifeline 13 11 14 · Beyond Blue 1300 22 4636**.