

# Next Steps

I'd like to...

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My facilitator suggests that I consider...

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Talk again by phone/email/in-person on or around \_\_\_\_\_ date

Consider talking to \_\_\_\_\_

\_\_\_\_\_  
Student's signature

\_\_\_\_\_  
Date

# Planning for a Change

My goal:

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To reach this goal, I could or might...

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If my plan gets off track, I can...

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My plan will start...

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The people who would support me are...

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The biggest benefit(s) from achieving my goal would be...

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For more information or to schedule a free 'check-in' appointment, contact:  
Norris Health Center, Office of Health Promotion & Wellness at [aodresources@uwm.edu](mailto:aodresources@uwm.edu) or 414-229-3712