

Action Plan for Change

The goal I want to achieve (describe as concretely as possible):

The steps I need to take to achieve my goal:

1.

2.

3.

My most important reasons for wanting to achieve my goal:

Achieving my goal will help me accomplish:

These things/people can help me achieve my goal:

These things/situations can make it more difficult for me to achieve my goal:

This plan begins _____ and ends _____

Tips for creating an Action Plan for Change

Support in achieving change

Life changes can be challenging to carry out. You can get outside support from a close friend, a health or social care professional, a self-help tool or all the things mentioned above.

Self-help tools designed to support change include:

- Matrix for evaluating cannabis use (kannabishanke.fi/eng)
- Use diary (kannabishanke.fi/eng)

Other self-help tools and exercises that support your well-being, and that help you become aware of and enhance your strengths, can also be useful.

You can find self-help exercises at:

www.nhs.uk/conditions/stress-anxiety-depression/

Setting your goals for change

Make sure your goals are both achievable and challenging enough to motivate you to change. If your overall goal feels too challenging, you can make it more relatable and attainable by dividing it into smaller sub-goals.

For example, if you are currently using cannabis daily and your overall goal is to stop using completely, one sub-goal can be "I will use cannabis every other day at most".

If a sub-goal feels out of reach, try to find easier ways to reach your goal. However, be honest with yourself about your sub-goals: Do they really support you in achieving your overall goal? Revisit and re-evaluate your goals regularly as you carry out your plan for change.

SMART-criteria for achieving a goal:

- Specific
- Measurable
- Achievable
- Realistic
- Time-related

Make your goals as concrete as possible:

- ✗ "I will use less"
- ✓ "I will use 0,5 g less this week"

- ✗ "I will use less often"
- ✓ "I will not use from Monday to Thursday"

- ✗ "I will not become dependent on cannabis"
- ✓ "I will not use cannabis between the dates XX.XX-XX.XX and I will pay attention to possible sensations and symptoms that can be a sign of dependence"

- ✗ "I will do more things that improve my well-being"
- ✓ "I will visit my mother/grandmother/a friend that does not use cannabis once a week"



Leverage from
the EU
2014–2020



This material is available
for download and to print at
kannabishanke.fi/eng