

# Change Evaluation Worksheet



| Brief description of the change:                        | Rate*<br>(from 1 to 5) |
|---|------------------------|
| 1. <i>Awareness</i> of the need to change?<br>Notes:    |                        |
| 2. <i>Desire</i> to make the change happen?<br>Notes:   |                        |
| 3. <i>Knowledge</i> about how to change?<br>Notes:      |                        |
| 4. <i>Ability</i> to change?<br>Notes:                  |                        |
| 5. <i>Reinforcement</i> to retain the change?<br>Notes: |                        |

\*Rate each stage from 1 to 5 with 1 being little to no awareness, having little to no desire, etc. and 5 being completely aware, having great desire, etc.

Source: [Prosci Inc.](#)