

## COMMITMENT TO CHANGE (Short Form)

**Educational Session:**

**As a result of this educational session I will . . .**

**I anticipate the following difficulties or barriers to this change:**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Adapted from:** Wakefield J, Herbert CP, Maclure M, Dormuth C, Wright JM, Legare J, Brett-MacLean P, Premi J.

Commitment to change statements can predict actual change in practice.

Contin Educ Health Prof 2003;23:81-93