

# BEHAVIOUR CHANGE

## 5 STAGES OF CHANGE

### 1. PRE-CONTEMPLATION

Not ready to change. May not be aware of the need to change but others have suggested it.

### 2. CONTEMPLATION

Thinking about change. You are unsure if you want to make the commitment to implementing the change.

### 3. PREPARATION

Getting ready to change. You have decided it is time to change and you would like to do so in the next month or so.

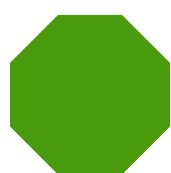
### 4. ACTION

Actively making a change. Ready to implement the action plan.

### 5. MAINTENANCE

Maintaining the change.  
You have been successful for 6 months.

## STRATEGIES FOR CHANGE



### Anticipate Obstacles

Occasional setbacks occur no matter how carefully you've constructed your plan. Preparing for potential obstacles is an important key to overcoming them.



### Monitor Your Progress

When you first start making changes, you may progress very rapidly. This can be misleading and discouraging when the pace levels off. By monitoring your progress, you can reflect on how much you've achieved!



### Reward Yourself

You're striving to permanently change lifestyle habits and that's no easy task. Be patient! It will take some time before new habits feel natural. Give yourself the recognition you deserve.



### Visualize Success

Creating an image of success in your mind can be a powerful tool for getting through the rough times and building motivation, self confidence, and commitment. Picture yourself reaching your goals and enjoying the rewards of a healthier, more active lifestyle.