



6 Stages of Change: Obstacles and Action Steps

Precontemplation

No motivation for change. May not believe there is a need for change or has given into despair.

Action step: Educate and encourage

Contemplation

Has identified an area where change would be beneficial and is considering implementing an action plan, however the time for change is 'not yet.'

Action step: Create a pros and cons list

Preparation

Getting ready to implement a plan for change. Sometimes perfectionism acts as a barrier when too much time is spent planning.

Action step: Identify SMART goals and establish a network for accountability

Action

Time to put the plan into action. An obstacle can come up when things do not go according to plan.

Action step: Do the things you said you would do

Maintenance

Stick to the plan and maintain the change for the long haul. Try not to lose momentum.

Action step: Use the accountability network

Relapse

Missteps can be expected. Try not to give up.

Action step: Re-evaluate the plan and adjust as needed.



S.M.A.R.T Goals

S :: Specific

Ex: I will go to the gym

M :: Measurable

Ex: I will go to the gym three times a week

A :: Achievable

Ex: I can go to the gym on my way home from work. I can stay half an hour before I have to go home and make dinner. I can keep my gym clothes in the car and it's affordable for my budget.

R :: Relevant

Ex: Going to the gym will help me work toward my goal to be healthier

T :: Time-Sensitive

Ex: I will try this for one month and then reevaluate if I can start going to the gym five times a week.