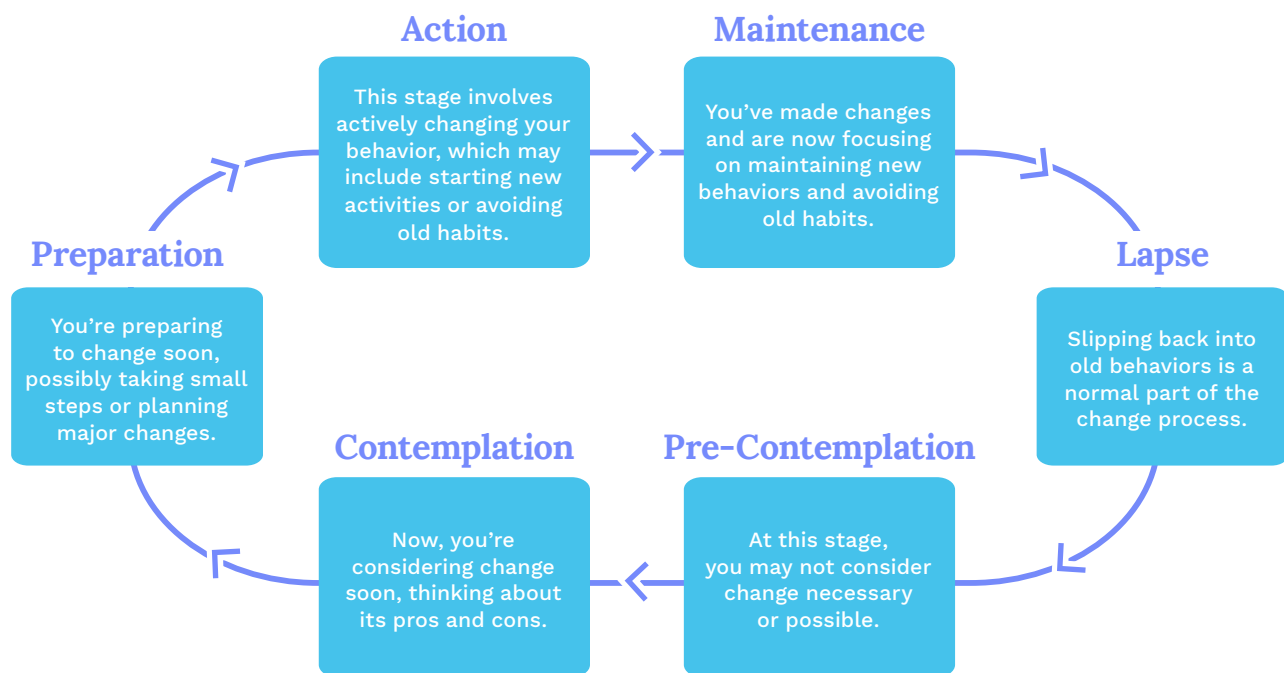


THE STAGES OF CHANGE MODEL

helps us understand the stages we go through when we decide to change our behavior. Whether it's improving physical health, quitting smoking, or managing stress, this model outlines the steps most people take on their way to making lasting changes.

What stage of change do you see yourself in currently?



MOVING TO THE NEXT STAGE

To progress through these stages, ask yourself:

- What is the next level of change I want to achieve?
- How long have I been stuck in my current stage, and how hard it might be to move to the next level?
- What is stopping me from changing? What is the “why” behind not changing?

HOW YOUR HEALTH COACH CAN HELP:

Your health coach guides and supports you at every stage, helping set goals, find easier ways to get to your goals, and stay motivated. Use the included “Benefits of Changing” worksheet to think about and explore the pros and cons associated with making a change.