



## STAGES OF PERSONAL BEHAVIORAL CHANGE

### 1. “Clueless”

Not even thinking about change. In this stage you either don't recognize that a change is needed, are not willing to make the change or maybe you are even resisting. Often in this stage, someone other than you is the major proponent of the change. They think you should get organized, be in better shape, spend more time with the family, or lighten up.

### 2. “Thinking About It”.

You are probably within 6 months of being ready to make the change. What will move you to the next step is either fear of the consequences of not changing or realizing the long term benefits. You are beginning to take the idea on as your own and beginning to visualize what your life would be like if you made that change.

### 3. “Almost There”

Within 30 days of actually taking action to make that change. In this step you may be setting a target date to start working out, altering your schedule to include more family/friend time or rethinking your priorities. Now is the time to set your intention, taking it from the head to the heart/spiritual level.

### 4. “Launching into Action”

You begin to act on your goal. You're hitting the gym, taking weekends off and following your daily plan. **WARNING:** If these changes were easy, you'd be doing it already. Patience and Flexibility are key. As reality hits, ASK FOR SUPPORT! Make the necessary adjustments in your schedule, compromise with others involved or make new agreements with yourself to make the change workable for the long term.

### 5. “Now it's part of my life”.

You have been actively living the change for six months or more and the challenge now is backsliding. If you're hitting a plateau or starting to drift back to old habits and behaviors, remind yourself why you made the change, and the benefits you've been enjoying. Go back to basics, and pay attention to any gaps between your intentions and your actions.