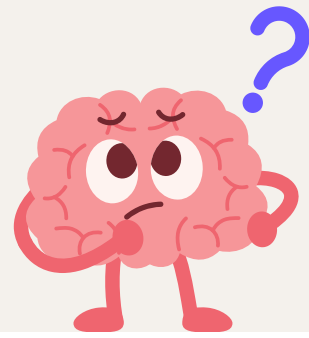


Stages of Change

UNDERSTANDING THE STAGES OF CHANGE IN YOUR LIFE



Where Am I Right Now?

Name: _____

Date: _____

Understanding Change

Change is a process that happens in stages. Everyone moves through these stages at their own pace—and that's okay.

The Stages of Change

- **Precontemplation**
I'm not ready to change yet or may not see a problem.
- **Contemplation**
I'm starting to think about change but feel unsure.
- **Preparation**
I'm getting ready to make a change and planning steps.
- **Action**
I'm actively making changes in my behavior.
- **Maintenance**
I'm working to maintain progress and avoid setbacks.

Next Steps

- **What is one small step I can take from here?**
(Think about a manageable action you can start with.)

- **What support might help me?**
(Identify any resources or people that could assist you.)

"Change is not a single step it's a journey. Every step forward matters."