

Preparing for Change

Directions: Write down the healthy lifestyle (behavior) change you want to make. Then complete the following activities to help you identify your desire, reasons, need, and ability to change. All these components help determine your readiness for change.

List the healthy behavior change you want to make: _____

Activity 1 – Identify Priorities

List your top life priorities in order of importance, for example, work, family, health, social activity. How will your healthy behavior change fit into your lifestyle? How will it impact your priorities?

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List the reasons why you want to make this healthy behavior change:

On a scale of 0 to 10, rate how important each reason is. (0 = not important at all; 10 = extremely important)

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Activity 3 – Identify Confidence

On a scale of 0 to 10, rate your confidence level for making this change. (0 = not confident at all; 10 = extremely confident)

My rating is: _____ *Don't worry if your rating is low. You can take small steps toward change regardless of your confidence level.*

Answer the following questions to help identify prior successes and challenges to improve your confidence level:

Why are you at this level and not a lower one? *For example, have you had past success or have a good support team?*

What would help you improve your confidence level? *For example, do you need support or information?*