



Changing habits can be hard to do. Taking a step by step approach can help you to reach your goals. Each change you make can take several stages. Knowing the stage that you're in can help you to choose the best approach to changing habits and attaining your goals. Think about what stage you're in for the changes you'd like to make.

What's my goal?	
What change would help me to reach my goal?	
What stage am I in for this change?	<input type="checkbox"/> I'm not ready to change right now. (precontemplation) <input type="checkbox"/> I'm thinking about doing it sometime. (contemplation) <input type="checkbox"/> I might do it in the next month. (preparation) <input type="checkbox"/> I'm doing it now. (action) <input type="checkbox"/> I've been doing it for more than 6 months. (maintenance)

**If you're not ready to take action, consider the benefits of change.**

- What part of this change would be hard for me?
- Why haven't I made this change before?
- How can I work around these problems?

**Ready to make a change?**

- Here's what I'll do:
- Here's when I'll do it:
- Here's what I need to get ready:
- This might get in the way of my plan:
- If that happens, I'll do this instead:
- Here's when I'll start:

**Ready to take action?**

- Setup things around you and make time so it will be easier to stick to your new habit.
- Think about the roadblocks that might come up and plan ways to get around them.
- Ask for support from family, friends, and your health care team.
- If the day doesn't go to plan, don't worry you can start afresh the next day.
- Keep track of your efforts by recording them each day.
- Varying your routine can help to keep it interesting.
- Reward yourself for your efforts to follow the plan.