



**JULY 2019 TIP OF THE MONTH**

# **STAGES OF CHANGE DETERMINATION**

**(A.K.A. PREPARATION)**

## **READY**

People at this stage are ready to start taking action within the next 30 days. They take small steps that they believe can help them make the healthy behavior a part of their lives. For example, they tell their friends and family that they want to change their behavior.

People in this stage should be encouraged to seek support from friends they trust, tell people about their plan to change the way they act, and think about how they would feel if they behaved in a healthier way. Their number one concern is: when they act, will they fail? They learn that the better prepared they are, the more likely they are to keep progressing.

**The Plan is Set!**

**“I will take the  
next steps toward  
change!”**

**“I can change!”**

**“I want to change  
my situation for  
the better.”**

**“I intend to make  
changes soon!”**

**“I’m ready to  
change!”**

**WHAT READINESS  
STATEMENTS HAVE  
YOU HEARD  
RECENTLY?**