



*GLIDE Nurturing Emotional Resilience & Authentic Connections*

Your stage of readiness is:

## **PREPARATION**

### **“I WILL”**

This is an important time in your life which can be accompanied by a mix of emotions from hopeful, excited, ready for a change to feeling nervous and worried.

Many people who have been at this stage have found that having a plan- and following it – can make all the difference.

## Let's Get Started By Identifying Your Motivation for Change

- Specifically what do I want to change (visualize this change in detail)?
- How ready am I to change on a scale from 1 – 10 (with 10 being the highest)?
  - Why didn't I pick a lower number?
- Fast forward to the future and you have changed, what specific outcomes and benefits are you now aware of as a result of making this change?
  - What are you now able to do that you weren't able to do before?
  - Why are the outcomes important to you?
  - Ask yourself this question 5x, by the 5th response you will most likely have a heartfelt reason for change

Way to go!!! You have just identified your motivators for change. Your motivators are crucial for keeping you committed. What are your thoughts about how you can stay connected to them? Such as review in the am, create a vision board, put on computer as a screen saver, etc...

## **Now Let's Think About What Works and What Doesn't Work**

If you have tried to make this change in the past, think about it now. The silver lining each time we accomplish less than we set out to do is we have more awareness about potential obstacles and can think about strategies to deal with those challenging situations.

- What helped then?
  - What was going on around you at that time that helped you?
- What obstacles did you encounter then?
  - What are your thoughts regarding how to deal with them today?

## **Identify Your Strengths**

- What are your strengths?
  - Identify your top 5 strengths for free by going here:  
<https://www.authentic happiness.sas.upenn.edu/user/register>
    - Once registered, select the “VIA Survey of Character Strengths” from the “Questionnaires” drop down menu, found out at the top of the page

## Connect

- Find someone who's been through the change that you are planning who can support you.
- Find online sites where you can read about or chat with people who are making this kind of change.
- If available, ask someone you know to make the change with you. It helps to have a buddy.
- If you like to talk with and learn from others, find a local support group.
- If you have a smart phone or tablet find a tracking and support app.