



Your stage of readiness is:

CONTEMPLATION

“I MAY”

Thinking about making a change can be stressful. It may seem like a lot to do.

Everybody is different in how long they will sit with the knowledge that a change is needed. For some, change happens quickly and for others it can take years. Many people find that asking themselves questions and reflecting on their responses helps them to figure out next steps.

At this time you are not sure that change is for you, thinking

Increase Your Awareness About the Change

Get clearer by asking yourself questions about what you want to change, for example:

- Today in my life, what would I like to be different (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

Connect With Your Positive Core

Think about who you are. What kind of person you want to be and what's most important to you.

- What attributes do I most want to use to describe myself? (For example: courageous, healthy, honest, strong, loving, etc....)
- Which roles are the most important to me? (For example: partner, parent, friend, brother, sister, wife, husband, daughter, son, employee of, volunteer for, etc...)

Consider this for getting more clarity regarding why these attributes and roles are important?

- Who relies on me to have these attributes or to fill these roles?
- How, if at all, does my behavior support these attributes or roles? For example, how does losing my temper help me be a loving person?
- How might making a change, cutting back or quitting help me have these attributes and fill these roles?

Reflect on your responses. How would the change you may pursue affect who you are and what you do? How would it change the lives of the people who matter most to you?

Experiment to Increase Your Awareness Regarding Whether Change is Right for You

- Pick a day or two to do things differently or cut back on your use.
- Notice the pros and cons to do doing this and the way each makes you feel.
- Write these observations down. It's the best way to remember these insights clearly later on.