

Thinking about change

Step 1: Stages of change



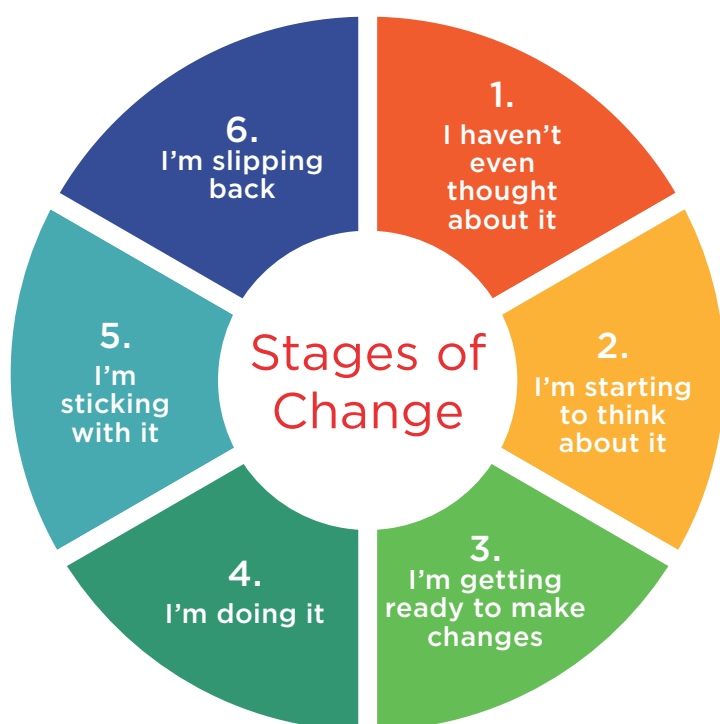
Change can be hard. You may not be sure where to start, or you may have tried to make changes in the past and not been successful.

Have you thought about making changes to your health and wellbeing?

Do you or your family and whānau have any concerns about making changes to your health and wellbeing?

Not sure where to start?

1. Think about any changes you are already making. What stage of the change model are you at? (If you have more than one change, write down each one)
2. Look back at your answers on page 6. Are there any changes you would like to make? If yes, list them here:
3. What stage do you think you are at for each one?



1. I haven't even thought about it

I wasn't aware it was a problem or issue.

2. I'm starting to think about it

I've started to think about it, but I'm not ready to make a change.

3. I'm getting ready to make changes

I'm planning how to do it.

4. I'm doing it

I'm attempting to make changes and am getting the help I need.

5. I'm sticking with it

I'm feeling good about the changes I've made and can stick with them.

6. I'm slipping back

I'm finding it hard to keep going.

Step 2: Finding out what is getting in the way/could help



*When you have made changes to the past,
what has worked? What hasn't?*



Ask yourself, am I ready to make a change?
Answer these questions.

What will be good about making these changes? _____

What worries you about making these changes? _____

What would be good about not making any changes? _____

What worries you about not making any changes? _____



For problem solving tools and apps, visit
healthify.nz/problem-solving-apps

