

MOVING THROUGH THE STAGES OF CHANGE

I feel that I am now at the _____ stage of change.

To get to the next step, I will need to:



Possible barriers to my doing so could include:

Ways to get around these barriers are:

STEPS TO GOAL SETTING

Step 1: Identify Your Goals

Think about the three areas of Vitality and goals you might want to make in each area: Eating Well, Being Active, Feeling Good About Yourself.

Think about your stage of change when you write your goals. Use the SMART principle: Specific, Measurable, Action-oriented, Realistic, Time-framed.

Step 2: What's Important to You?

Evaluate each of your goals by asking yourself: on a scale of 1 to 10, how important is this goal to you? Focus on those you rated a 7 or more. Decide which issues you want to address first. Consider which issues are going to make the biggest impact on your life. Consider which of your goals is most realistic and most positive?

Step 3: Road Block Analysis

What problems do you see in achieving this goal? How do you feel about this change?

Potential road blocks include:

- Lack of knowledge or skills
- Lack of social support
- Family & cultural practices
- Social occasions, holidays
- Time (time of day, day of week) or lack of time
- Meals away from home – work, restaurants
- Job
- Travel or vacation
- Availability of food
- Physical environment
- Cost, complexity
- Stress
- Weather/season
- Physical conditions (threat to health, fatigue, state of health)

Step 4: Use the Goal Sheet

Create specific steps you plan to take in achieving the goals you have set:

- What can you change in your home, office or car that will help you achieve your goal?
- Who can help, what can they do?
- Start with small steps – don't try to change too much at one time

Evaluate your progress as you go along:

- Be aware of what is helping you change and what is hindering you
- Compare results against the goals continuously to focus on your successes
- Consider how much self-satisfaction you get from achieving your goals