



**Activity 1: Identify My Stage of Change**

Visit R1LEARNING.COM to get Discovery Cards and Activity Worksheets

**Observe:** Complete the pyramid below with up to 10 activity cards you identified from the card activity. The Discovery Card item is on the front of the card. The Model Category is color coded on the back of the card.

↑ Best Describes Me

<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> <hr style="border: 0; border-top: 1px solid black;"/> <p>Discovery Card Item</p> <hr style="border: 0; border-top: 1px solid black;"/> <p>Model Category</p> </div>			
<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 90%;"> <hr style="border: 0; border-top: 1px solid black;"/> <p>Discovery Card Item</p> <hr style="border: 0; border-top: 1px solid black;"/> <p>Model Category</p> </div>		<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 90%;"> <hr style="border: 0; border-top: 1px solid black;"/> <p>Discovery Card Item</p> <hr style="border: 0; border-top: 1px solid black;"/> <p>Model Category</p> </div>	
<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 30%;"> <hr style="border: 0; border-top: 1px solid black;"/> <p>Discovery Card Item</p> <hr style="border: 0; border-top: 1px solid black;"/> <p>Model Category</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 30%;"> <hr style="border: 0; border-top: 1px solid black;"/> <p>Discovery Card Item</p> <hr style="border: 0; border-top: 1px solid black;"/> <p>Model Category</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 30%;"> <hr style="border: 0; border-top: 1px solid black;"/> <p>Discovery Card Item</p> <hr style="border: 0; border-top: 1px solid black;"/> <p>Model Category</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 30%;"> <hr style="border: 0; border-top: 1px solid black;"/> <p>Discovery Card Item</p> <hr style="border: 0; border-top: 1px solid black;"/> <p>Model Category</p> </div>
<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 25%;"> <hr style="border: 0; border-top: 1px solid black;"/> <p>Discovery Card Item</p> <hr style="border: 0; border-top: 1px solid black;"/> <p>Model Category</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 25%;"> <hr style="border: 0; border-top: 1px solid black;"/> <p>Discovery Card Item</p> <hr style="border: 0; border-top: 1px solid black;"/> <p>Model Category</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 25%;"> <hr style="border: 0; border-top: 1px solid black;"/> <p>Discovery Card Item</p> <hr style="border: 0; border-top: 1px solid black;"/> <p>Model Category</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 25%;"> <hr style="border: 0; border-top: 1px solid black;"/> <p>Discovery Card Item</p> <hr style="border: 0; border-top: 1px solid black;"/> <p>Model Category</p> </div>

**Questions to Explore**

**Evaluate:**

1. Which Stage of Change do you think you are currently in? Explain.

- Precontemplation       Action
- Contemplation           Maintenance
- Preparation

3. What is keeping you in this stage?

**Respond:**

4. What is one action you can take to move forward into the next stage?

2. How long do you think you have been in this stage?

5. Who can you ask for help and support?