



Activity 2: Choose Behaviors to Progress Through Stages

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Evaluate:

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

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

2. What is the next Stage of Change in the progression for you? Check one.

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

Observe:

3. For the next stage in your progression, choose up to 3 Sorting Cards that you think, if achieved, would help you to progress. Complete the table below.

Discovery Cards Summary		
Stages of Change: from colored card backs	Stages of Change Behaviors: statements from card fronts	What resonated with you about this card?
1		
2		
3		

Questions to Explore

Respond:

Select one of your cards from the table above and answer the following questions:

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

3. What will be the benefit for you and others as you practice this behavior more frequently?

2. What's your goal timeline?

4. Who can you ask for help and support?