



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

Visit R1LEARNING.COM to download printable 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

↑ Best Describes Me				<hr/> Discovery Card Item <hr/> Model Category	
<hr/> Discovery Card Item <hr/> Model Category		<hr/> Discovery Card Item <hr/> Model Category		<hr/> Discovery Card Item <hr/> Model Category	
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**Questions to Explore**

**Evaluate:**

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

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Precontemplation | <input type="checkbox"/> Action      |
| <input type="checkbox"/> Contemplation    | <input type="checkbox"/> Maintenance |
| <input type="checkbox"/> 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?