

What is Your Level of Readiness to Change?

How do you know where to start? Are you ready to make changes? There is an easy way to tell where you need to start. Once you have determined or have been told what might need to change (smoking, weight, blood pressure, cholesterol, stress, etc.) look at the following statements. Each one requires a **yes** or **no** response. Be totally honest in your answers.

- | | YES | NO |
|---|--------------------------|--------------------------|
| 1. I am intending to take action within the next six months.
<i>I know I need to change and I fully intend to make those changes.</i> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I am intending to take action within the next 30 days.
<i>I see a need and I am making plans to make health changes.</i> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I have taken action to resolve my problem within the last six months.
<i>I made a plan and have taken steps, with help, to improve my health.</i> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. I have solved my problem at least six months ago.
<i>I made a plan and took steps that have resulted in health improvements.</i> | <input type="checkbox"/> | <input type="checkbox"/> |

What Your Responses Mean:

- A. If you answered **no** to all **four** statements, you are in the **Precontemplation** stage.
Gather information, and try to look at your health with an open mind.
- B. If you answered **yes** to number **1**, you are in the **Contemplation** stage.
Continue to gather information, and talk to others who have made changes, and convince yourself that you can make changes.
- C. If you answered **yes** to number **2**, you are in the **Preparation** stage.
Make a plan and set a date to start. Make sure you have support from others.
- D. If you answered **yes** to number **3**, you are in the **Action** stage.
Keep up the good work, keep focused, and reward yourself for success.
- E. If you answered **yes** to number **4**, you are in the **Maintenance** stage.
You are succeeding. Keep following your plan and enjoy your improved health.

Remember: You have the ability to make choices that will affect how you live your life and how healthy you are. You can make healthy or not-so-healthy choices. Take the time and make the effort to choose those activities that will be best for you and your family.