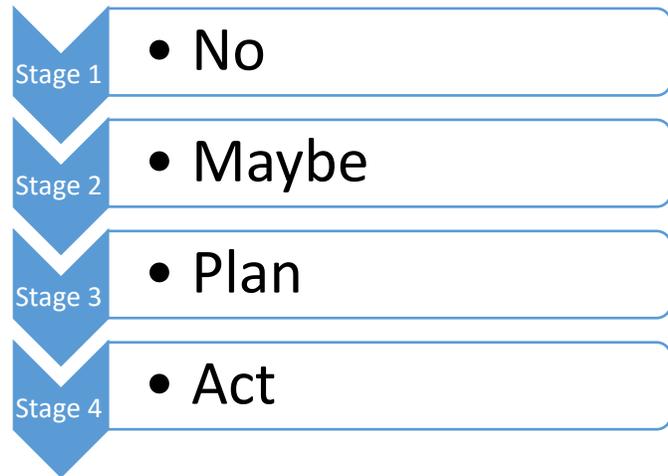


Stages of Change

Change can bring about so many different emotions. Here are some strategies that can help you cope and even thrive during change:



No

During this stage you focus more on the disadvantages of the change than the advantages.

Tools to help you overcome challenges in this stage:

- Use the 5 Why's: This is repeatedly asking yourself "Why?" to discover the real reason you're upset by this change.
- Ask yourself: What are the consequences if I don't change?



Maybe

During this stage you are contemplating changing but you don't know where to begin or need more information to completely change.

Tools to help you overcome challenges in this stage:

- Identify your barriers to this change
- Create a Pros/Cons list



Plan

During this stage you are ready to make the change. You begin planning the specifics of how you can make this change happen.

Tools to help you overcome challenges in this stage:

- Write down small goals
- Create an action plan



Act

During this stage you are taking actions towards a behavioral change. Reinforcement and a healthy support system are critical to help maintain positive steps towards changing.

Tools to help you overcome challenges in this stage:

- Reward all successes
- Identify a person to be your accountability partner and help keep you on track with the change



Comments from the Audience

Encourage yourself along the way.

Reward yourself in a way that aligns with your goal.

Sometimes the changes make your job/life easier because it fixes things you didn't realize were really issues until they're changed.

Change can be great. Change can open doors for you, create a new "circle" of people in your life and just broaden your understanding.

Change is like water and we are flowers being watered to blossom into something greater.

Change can be good. Sometimes failing forward will put you in a better position than you began with.