



Are you ready to make a change?

Before embarking on any lifestyle change it's important to assess your readiness to change. To make and sustain change you need focus, dedication, and willpower. Studies of change have found that people move through a series of stages when modifying behaviour.

Pre-contemplation

People are not aware their behaviour is problematic. They are not likely to be ready to make a change for at least 6 months.

Contemplation

People start to become aware they want to change their behaviour and may have started to weigh up the pros and cons. People in this stage are likely to make a change in the next 6 months.

Preparation

In this stage people are intending to act within the next month. Usually plans have started to be put in place such as setting a smoking quit date, joining a gym or booking in to see a health professional.

Action

People have firmly adopted their new behaviour and have sustained it for the last 6 months. The behaviour is regular and routine.

Maintenance

People in maintenance have sustained their new behaviour for over 6 months. People are less tempted to relapse and grow increasingly more confident that they can continue their changes.

As people move through the stages of change the pros of adopting a new behaviour start to outweigh the cons. To give yourself the best chance of sustaining your new behaviour you need to work towards tipping the balance in the favour of the pros.