

## Where are You in the Stages of Change?

*“Real obstacles don’t take you in circles. They can be overcome. Invented ones are like a maze” –Barbara Sher*

Research has shown that self-change is a staged process. We move from not thinking about changing a behavior, to thinking about it, to planning to change, and then testing out ways to do it before we actually start.

Answer these questions honestly for just a moment so that you can understand what stage of readiness you are in:

1. What do I want to change?
2. What goal or behavior do I want to work on?
3. Why do I really want to make this change?
4. What reasons do I have for wanting to change this behavior or reach a particular goal?
5. Why shouldn't I try to make this change?
6. What would it take for me to make this change?
7. What strategies can I use to overcome my obstacles?
8. What obstacles are standing in the way of my changing this behavior or reaching this particular goal?

To move forward our “pros” must outweigh our “cons” and we need realistic strategies to overcome our “cons”

Am I ready?

Well based on your answers above, indicate (Circle/ highlight) the level that best describes where you are:

<p>I WON'T DO IT!</p>	<p>You aren't even considering changing at this time, you might begin to think about in the next 6 months</p>	<p>Use our website <a href="http://www.mindbodybalance.com">www.mindbodybalance.com</a> To obtain the information that you need. Think of it as a resource center to support you.</p>
<p>I CAN'T DO IT!</p>	<p>You're not really considering a change because you are so overwhelmed with your life Right now it seems impossible to make any major changes</p>	<p>Sign up for our newsletter: "Balancing Act" and our blog. You will receive monthly inspiration that may take you from ambivalence to commitment.</p>
<p>I MAY DO IT!</p>	<p>You're beginning to think about making a change. You're weighing the pros and cons to determine if making this change will really work or not. You might begin to change in the 6 months.</p>	<p>Connect with us on all of our of social media forums. Consider an 8 week fitness coaching package so that you can connect with your intrinsic motivator. You need to get to the root of why this time will be different. You could also start some group yoga classes at this point.</p>
<p>I WILL DO IT!</p>	<p>You are preparing to, or have begun to, make changes and take small steps toward changing behavior.</p>	<p>You are now ready to start Mind Body Balance Services. The first thing you need to decide: Which service you will start with? Do you want to start with Classical Pilates or Fitness Coaching? Don't worry you'll get all of our services over a two year period. We want you to be successful so we ask that you start with just one service and phase in a new service every four months or so. We can set up an orientation appointment</p>

		with you to explore our services.
I AM DOING IT!	You are, right now, doing what you need to do to change the behavior.	You are on a serious path to change. At this point you start with Classical Pilates 2 times per week and Intuitive Eating (6 week program). Then in four months you move to Classical Pilates 2 times per week and 1 group yoga class. Then eight months in you move to Classical Pilates 2 times per week, 1 group yoga class and an 8 or 16 week Fitness Coaching Package. After this you Attend Classical Pilates 2 times per week, 1 group yoga class, 1 pilates chair class. At this point you are an unstoppable machine you are on your way to developing that lifestyle change which takes 21-24 months
I AM STILL DOING IT!	You have made the change and are choosing to continue this new behavior.	You are now on Mind Body Balance maintenance packages with a full toolbox that keeps you successful. You may pick up some additional 1-on-1 services again if you are faced with a challenge, setback, bored or have some sort of discouragement that the whirlwind of life has thrown at you.

*“You will never change your life until you change something you do daily” –Mike  
Murdock*