



Change Ready or Resistant?

Making changes—whether it's around health, habits, or mindset—takes more than just wanting to. In fact, we can be so uncomfortable with change, that even things we really want to do differently, can be hard to implement and maintain. Psychologists often talk about Readiness to Change, which helps you see where you're at before you attempt a change.

- **Not Ready Yet (Pre-contemplation)**

→ *"I don't think I need to change."*

Tip: Start by just learning more and reflecting.

- **Thinking About It (Contemplation)**

→ *"Maybe I should make a change, but I'm not sure."*

Tip: Weigh the pros and cons—what might life look like if you did?

- **Getting Ready (Preparation)**

→ *"I want to change and I'm planning how."*

Tip: Set a small, realistic goal and tell someone you trust.

- **Taking Action**

→ *"I've started making changes!"*

Tip: Track and celebrate small wins—progress matters more than perfection.

- **Keeping It Going (Maintenance)**

→ *"This is becoming part of my life."*

Tip: Build routines and have strategies ready for setbacks.

- **Slip into Old Habits (Relapse)**

→ *"I've had a bad week and done what I used to do"*

Tip: Understand that this may happen and don't be disheartened; be kind to yourself. Remind yourself why you made the change, and start again asap.

Remember: Change isn't a straight line. Slipping back a stage is normal—it just means you're still working on it.

Where do you see yourself now? Are you ready to make some real changes? Get in touch, we would love to hear from you.