**Model of Change**

**Change As It Happens**

**1. Contemplation 6. Success**

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**CELEBRATION!**

**5. Regression**

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**2.** **Preparation**

**4. Maintaining Action**

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**3. Action**

**The Process of Change Explained**

1. I am aware something in my life is not as I would like it, but am hesitant to do anything. No change.

2. I decide to make some changes, and begin thinking about how. Start to implement small changes.

3. I am aware of what is needed and take significant steps to change.

4. I consistently take the necessary steps to change but continue to face challenges.

5. Oops! I have slipped back into old habits/behaviours. I am aware, pick myself up, and go for it again.

6. Fantastic! Celebration time as change has occurred. Simple!