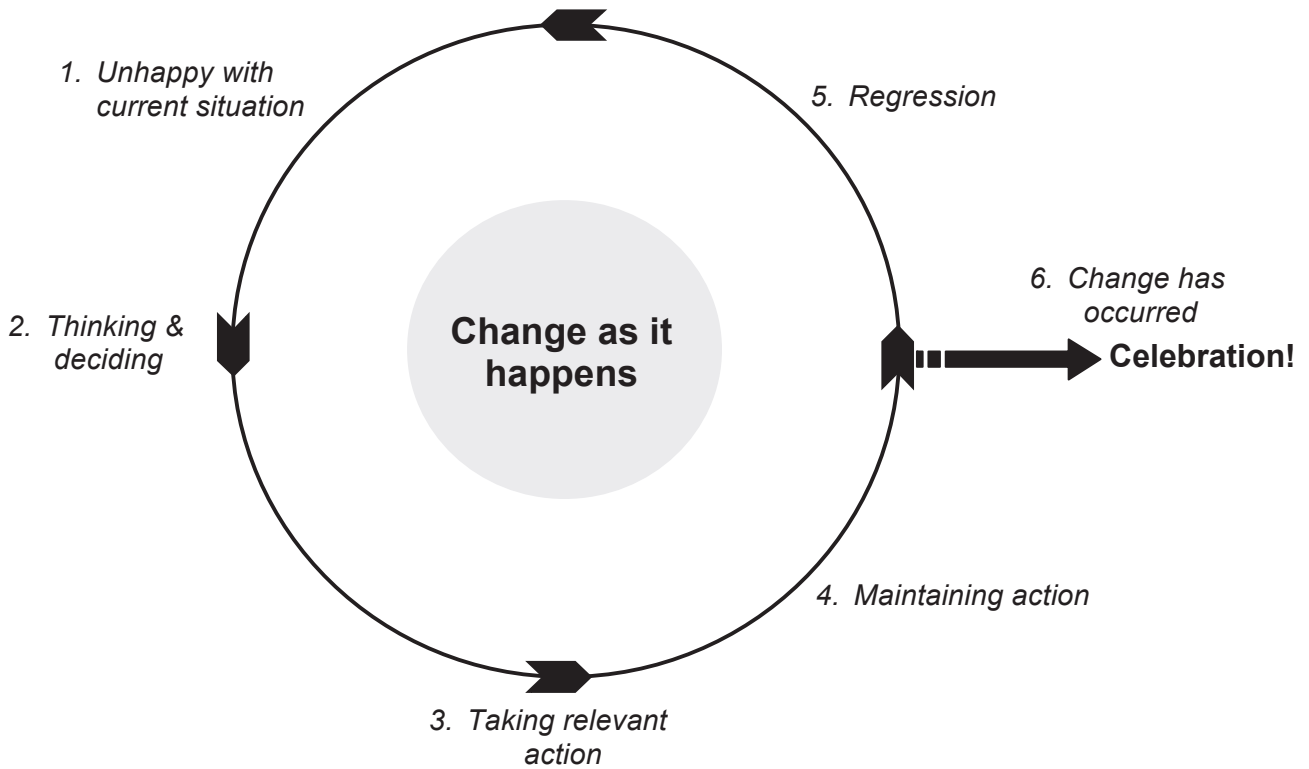


Where are you currently with your goals?

Model of Change



1. I know something in my life is not as I would like it but I haven't done anything about it yet.
2. I have decided to make some changes and I know what I would like to change.
3. I am taking steps to change.
4. I have been actively taking steps to change, and I have been successful.
5. I have slipped back into my old habits and behaviours again.
6. OK! Change has occurred and I now don't know what all the fuss was about!

Overall, which stage do you feel you are now at with pursuing your Goals?

1 6

SESSION 8 – COACHING COPY

Some Ideas to help move you forward

Stage 1 – Unhappy with current situation

Don't look to change others, or insist that the situation changes. Look, instead, at what you are doing that creates and maintains the problem.

Stage 2 – Thinking and deciding

Focus on how this problem has affected your life. Stop analysing the why and concentrate on how to solve it. Become aware of reasons you must change rather than reasons not to change.

Stage 3 – Taking relevant action

Don't rush into change. Plan your change then work your plan. Make a personal and public commitment to changing.

Stage 4 – Maintaining action

Focus on what you want, not what you have right now. Think about how good your life will be with these new changes in it. Keep busy and focus on daily action. Remember to reward little wins. Tell everyone how well you are doing. Be vigilant in your environment and be sure it supports you as you change. Avoid complacency and try to avoid regression.

Stage 5 – Regression

Accept that regression is a normal part of change. Learn from mistakes. Get into action again and try a new path to the solution. Set new action steps.

Stage 6 – Change has occurred

Celebrate your success!! Don't rest on your laurels though. Set new goals, keep moving forward, help teach others how to change, consider coaching a friend, keep conditioning your new behaviours (making them a permanent way of life).

“Success is getting what you want. Happiness is wanting what you get.”

- Ingrid Bergman, actress