

Five Stages of Change Worksheet

Consider how you could use the 5 stages of change, and use this worksheet as a guide...



1 Pre-Contemplation

Not aware how stress is impacting you.

2 Contemplation

Seeing that something in your life is causing stress or impacting your mental health.

Looking deeper into what's causing the stress.

3 Preparation

Deciding on specific, manageable actions to address the issue.

You're ready to make a change.

4 Action

You follow through with your plan.

This is where real behaviour change starts.

5 Maintenance

You look at what worked, what didn't, and adjust your actions accordingly.

It's an ongoing process.