



## **ENCOURAGE EXERCISE #12**

### Identifying My Stage of Change

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For the specific habit or behavior change you have in mind, please check which stage of change best describes your current situation:

1. Not thinking about changing my behavior or habit (Pre-contemplation)
2. Thinking about changing my behavior or habit (Contemplation)
3. Creating a behavior change goal and action plan (Preparation)
4. Implementing my behavior change goal and action plan (Action)
5. Maintaining my behavior change goal and action plan (Maintenance)
6. Lapsing on my behavior change goal and action plan (Relapse)