Readiness to Change Journaling – Follow-up to Coffee with the Coach 5.17.2023

To move forward, it is best if:

1. You believe in your ability to change
2. The pros outweigh the cons
3. You have realistic strategies to overcome the cons

What is the behavior you want to change/adopt? (pick one)

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1. Why do I really want to change the behavior; what makes the change important to me (the benefits or pros)?

2. Why shouldn't I try to change the behavior; what is in my way (the obstacles or cons)?

3. Do my pros outweigh my cons? How?

4. What would it take for me to change the behavior and overcome my cons? What's my strategy?

5. Can I really do it? (Rate confidence 1-10, if not at 7 or above, answer "what would build my confidence?")

Contact Julie.McNamara@unchealth.unc.edu to discuss coaching through the stages of change.