



## Activity 1: Stages of Change — What Stage Am I In?

Visit [R1LEARNING.COM / RESOURCES](http://R1LEARNING.COM/RESOURCES) to download printable Activity Worksheets.

Complete the table below with up to 10 activity cards you identified from the card activity. The Discovery Card item is on the front of the card. The Model Category is color coded on the back of the card.

↑ Best Describes Me

↑ Best Describes Me				<hr/> Discovery Card Item <hr/> Model Category
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## Questions to Explore

1. Which Stage of Change do you think you are currently in? Why?

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

3. What is keeping you in this stage? Why?

4. What actions can you take to move out of this stage to the next stage? Who can you ask for help and support?

2. How long do you think you have been in this stage?

5. What is your major learning from this activity?