



Goal Getting

Thinking in Stages for Long-Lasting Change

Stage	Description	Process
Pre-Contemplation	• Change “not on radar”	Education of benefits of change
Contemplation	• Considering change; but not quite ready	Education on how to change
Preparation	• Taking steps to change • “Test run” but not fully committed • Easy to become stuck here	Planning • How to change • Prepare for distractions
Action	• Just DO it	• Commitment • Behavioral principles - Clear goals - Reinforcement
Maintenance	• Make change part of lifestyle	• Social support • Education of dangers of change
Relapse	• Cycle back to Action ASAP	Planning • Relapse is normal • Strategies to help “remember”

Dealing with Discomfort

- Check it out
- Check it out a second time
- If due to injury: Stop, seek treatment
- If normal discomfort from new activities
 - * Focus on being efficient
 - * Examples
 - Breathe
 - Relax shoulders
 - Good form

*Motivation changes like
the weather*

*Commitment is the key
for long-lasting change*

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