



# Staying the Course

## Moving from the “Action” to “Maintenance” stage

- ◎ **Make a lifestyle change**
  - \* Holistic: Change includes important aspects of your life
  - \* Realistic goals: Small “baby steps” for the pieces of lifestyle change
  - \* **Tool:** TTSTC (Target To Stay The Course)
  
- ◎ **Build a support system**
  - \* New relationships
    - Coaches
    - Teammates
  - \* Existing and long-time relationships
    - Take care of the home front
      - Maintain responsibilities
      - Power of emotional deposits
    - Recruiting the support you need
      - Thinking in stages of change
      - Have conversations with key people

**Remember the Stages of Change**

Pre-contemplation  
Contemplation  
Preparation  
Action  
Maintenance  
Relapse

*You may be at the ACTION stage while others are at PRE-CONTEMPLATION*

For Successful Communication  
**Keep the STRESS Down**



**S**oft set up

**T**iming

**R**epair attempts

**E**xpress feelings and wants

**S**oothe yourself

**S**olution-focused

