



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



Soft set up

Timing

Repair attempts

Express feelings and wants

Soothe yourself

Solution-focused

