



Doc Ann's Coaching Practice®

Prescription for success

Stages of Change: 10 Questions

Think of a certain behavior you have or had. Now answer these questions.

- 1) Have you ever thought about changing this behavior?
- 2) If so, what are the reasons for changing? Is it unhealthy? Problem causing? Etc.
- 3) If you still have this behavior what are your reasons for continuing it? What does it give you? Do for you?
- 4) If you kept this behavior throughout your life, what would be the long-term ramifications?
- 5) Have you ever made a plan to quit or change this behavior? Then what happened?
- 6) Have you ever actually quit or changed this behavior? Then what happened?
- 7) Did you manage to change behavior for a significant period of time?
- 8) Did you return to your old behaviors? Can you express why? If so, do.
- 9) What is the biggest problem for you in making change?
- 10) Are you ready to change now? Rate your motivation level on a scale of 1-10.