

WHAT STAGE OF CHANGE ARE YOU IN?

Jumping into a fitness regime before you are mentally ready will likely result in disappointment. By ensuring you are ready to commit, you greatly increase your chances of long term success, says *Justin Tamsett*.

The people who receive maximum benefit from their membership, are the ones who want to join a gym and join regardless of any promotion or obstacle. This is because the first step to improving your health or wellbeing, by creating work/life balance, is *wanting* to achieve it!

This is a simple thing to say and yet is a very powerful lever for creating behaviour change.

Let's look at Prochaska's stages of behaviour change for why people cannot achieve work/life balance:

- **Pre-contemplation stage:** Not even considering the behaviour change as they are not ready;
- **Contemplation stage:** Change has now entered their mind and they are getting ready, but not ready to start; you hear people in this stage using the word 'should';
- **Preparation stage:** They are now ready to start and start to tell friends they are 'going to' start the new behaviour;
- **Action stage:** As the word suggests they are doing the new behaviour;

- **Maintenance stage:** The new behaviour is now started and the challenge is to maintain it, so people here now need support.

What we know is that until you are in the 'action' stage of creating a change in your balance you will not be committed to the new behaviour. We also know that to get to that stage a significant emotional event will cause a shift or education.

If you are not in the action stage, then you are simply not ready to create the change. And if you start, there is a good chance you will fail as you are not quite 100 per cent committed.

Sometimes, we are heavily influenced to jump stages and start before our mind is truly ready. This will often lead us into relapse as opposed to maintenance. Relapse means we start the process all over again.

We have to be ready for the commitment in order to successfully change. And when you are, success is imminent.

Are you ready to make a change, or are you still thinking?

