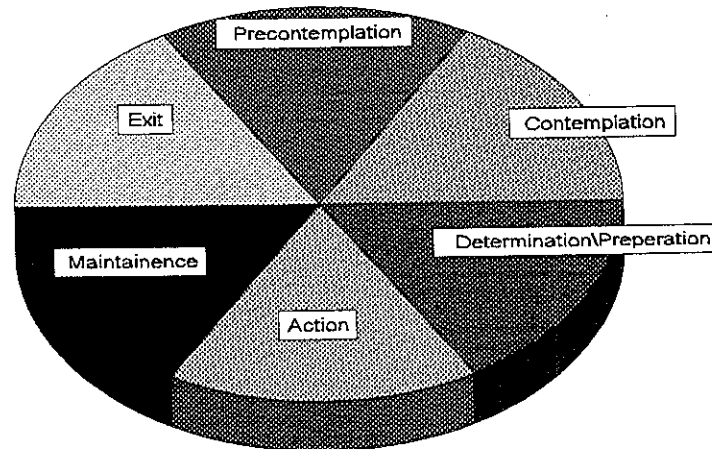


Motivation to change



Precontemplation:
NO PROBLEM

“What problem, Don’t bug me, Me have a problem..no way”.

Contemplation:
MAYBE PROBLEM

“Maybe yes, maybe no. I want to change, but then I don’t, I’m not really sure.”

Determination\Preparation:
IS A PROBLEM

“I know I need to change, but how?, Okay let’s work on it.”

Action:
WORK ON PROBLEM

“Now I am working on it, I need to do the following...”

Maintenance:
KEEP PLAN\GAINS GOING

“Need to stay with it, I need to keep with changes made.”

Exit:
COMPLETION\MOVE ON

“Time to move on to other things.”