



LESSON 1: 5 X (by) 10

TALKING POINT: The Transtheoretical Model of change, also known as the “Stages of Change”, after decades of research on thousands of people who have successfully changed themselves, found that almost all of us follow the same steps using very similar activities during those steps. We are likely not conscious of using these specific strategies.

So, we go through **5 Stages** & we use **10 Strategies**. The Stages are the steps; the Strategies are the activities successful self-changers use as they go through the **5 Stages**.

The **5 Stages** are:

- 1. What Problem?** [Not planning to change]
- 2. Oh, THAT Problem** [Admitting change would be better but not ready to plan]
- 3. Ready...Set...** [Planning to change]
- 4. GO!** [Changing]
- 5. Keep the Fire Alive!** [Maintaining the change]

The **10 Strategies** are:

People: Developing supportive relationships

Knowledge: Facts about your change

My World: Knowing how your habit impacts others & your immediate environment

Emotions: Managing the feelings of change

Culture: Managing how our culture impacts

the change we want to make

Commitment: Willpower

New Me: Connecting to your identity

New Choices: Substituting habits

Reminders: Managing triggering events

Carrots & Sticks: Self-appreciation

So remember: **5 X (by) 10. 5 Stages & 10 Strategies.**

For most of us to be successful, we **MUST** go through ALL 5 Stages & use ALL 10 Strategies. The remaining lessons go through the 10 Strategies, as well as other key concepts, in more detail.

TALK ABOUT DURING THE RUN

AND/OR HOMEWORK: Which Stage of change do you think you are in?

READING from The Beginning Runner’s Journal: Pp. 6-8. **NOTE:** Just to avoid confusion, the 6th Stage listed in the Journal is optional.

FOR MORE INFORMATION: Go to

www.habitshift.com or

www.sportmedbc.com/habitshift