

Understanding Your Readiness to Change

Why it's important

Are you thinking about making a change in your life? If so, understanding which stage of change you're in can help you take manageable steps toward your goal. This self-awareness will empower you to set realistic expectations and stay committed, whether you feel completely ready for change or aren't quite there yet.

Tips for preparing to make a change

The following readiness to change tool will help you work through the stages of change. Here are some tips on how to begin.

Choose one thing that you want to change. It could be anything, big or small!

Think about your behaviors and attitudes toward the desired change.

Determine which stage of change you're currently in.

Set achievable goals and timelines for a successful transition to each stage.

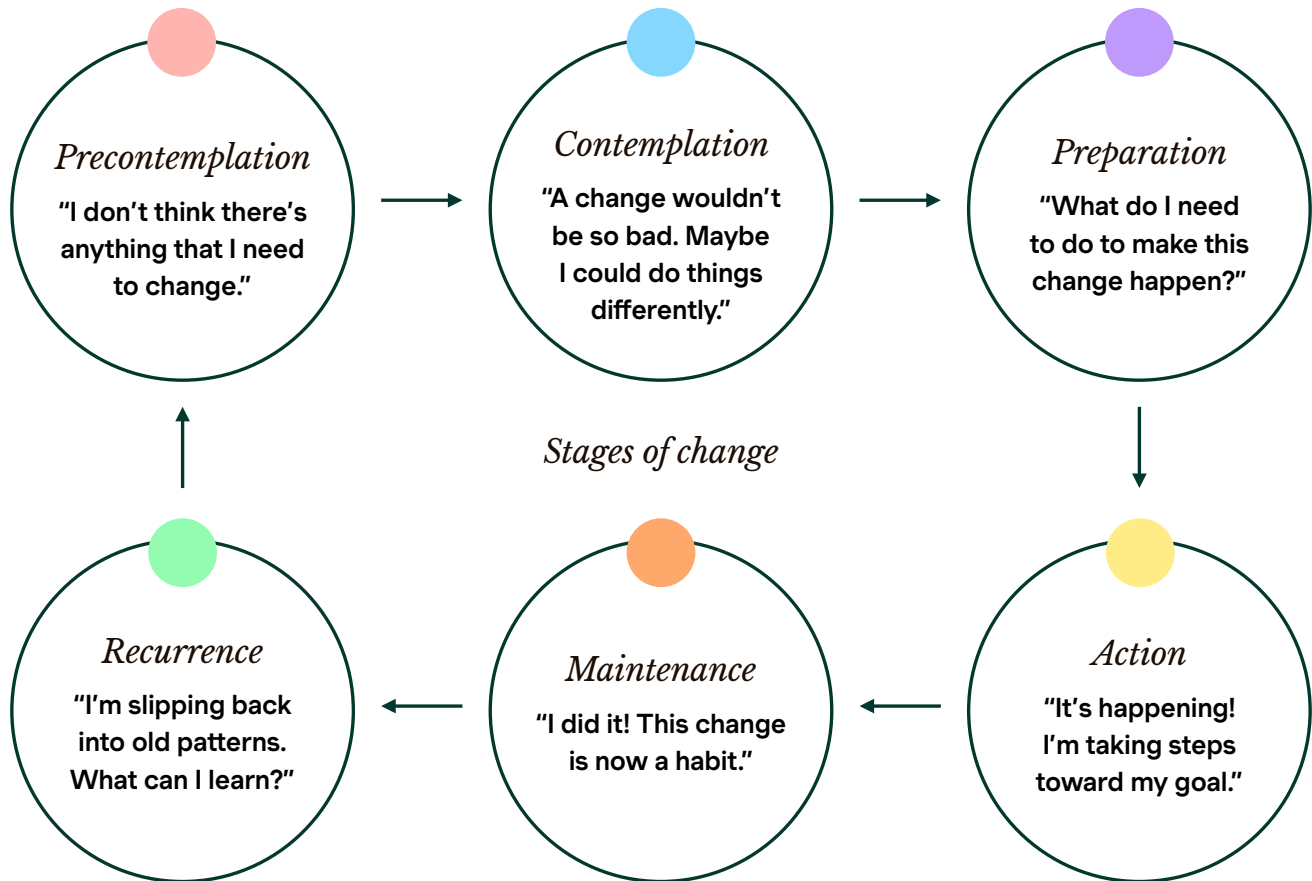
Measure how important the change is and how ready and confident you feel.

Additional guidance and support

[Join February's webinar](#) to hear from Spring Health clinical experts Britjé Montgomery and Ana Miller about how to use this tool and how it can enhance your experience with therapy.

[Activate your Spring Health account](#) to explore your mental health benefits or speak with a Care Navigator about your needs.

Ready to make a change?



Think about the following questions:

How important is this change to me?

How ready do I feel to make this change?

How confident am I about making this change?