

Growing Happiness with Lori Brown

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April was all about making our goals real. We turned our goals into real, tangible reminders in the shape of our Vision Boards! So we have vision, now it's time to see how good it is. What I mean is, the closer you are to 20/20 "vision" the closer you are to making your goals a reality.

Are you ready to take the steps to accomplish your goals? Are you still thinking about it? Perhaps you are ready, but you aren't sure where to begin?

In the book, [Changing for Good](#), the authors discuss a model for change that includes six stages. This month I will be sharing these stages with you as a teaching tool as well as some coaching tips to help you progress forward.

The stages of change as described in [Changing for Good](#) are Pre-Contemplation, Contemplation, Preparation, Action, Maintenance and Termination.

If you are in the **Pre-Contemplation** stage you may not be thinking about making any changes and may be rolling your eyes right now at the fact that I

am even suggesting that there may need to be changes made in your life.

People in this stage usually don't believe there is a problem that needs to be changed or they really do not believe it would be possible to change. If you happen to be in the second stage of **Contemplation**, you know that you need to make some changes, but you have no idea where to begin.

During the **Preparation** Stage you may find that you are looking for solutions and beginning to formulate a plan.

The **Action** Stage is when you have actually begun to make changes in your life and are working on your goal. When you have been successful in making the change for at least 6 months you will begin to move into the fifth stage of change which is **Maintenance**. The final stage of change, **Termination**, is when you no longer have to even think about the action because it has become part of your life.

If you happen to be in stage 1-4, perhaps you could benefit from some coaching. During the coaching process we work together to create awareness around the area you are working on, brainstorm ideas to begin a forward progression, put accountability in place to support you and celebrate when you reach your goals!

If you are interested in a complimentary coaching session, please email me at lori.growinghappiness@gmail.com. I look forward to hearing from you!

Please check out my website/blog weekly for updates on coaching specials,
tips and in May, Blogs on the change process.

Peace & Gratitude,

Lori Brown

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“Life is Change. Growth is Optional. Choose Wisely.”

Karen Kaiser Clark