

Coach Notes:

**This example can be read or referred to,
after the Readiness for Change Assessment has been taken.**

Readiness for Change Susan's Example

Susan was a woman who had the goal of losing weight. When she took her Readiness for Change Assessment, she found she was *not ready* to work on her diet. She felt discouraged because she really wanted to lose weight.

In her coaching session, she was reminded that many aspects of life could support her weight loss goal. So she decided to focus on another area that she *was more ready* to change, which was the area of Exercise. She created a realistic plan of walking her dog 4 times a week for 15-20 minutes. She found that she enjoyed being outdoors with her dog and this helped her to reduce her stress, which had often led to overeating. Another benefit of her walking exercise is that it increased her metabolism.

She also decided to also take small steps in the area of Play and Creativity. By spending time enjoying her creative activities, she found her hands were busy and that she was eating less, because she was not sitting in front of the television mindlessly eating high calorie foods such as potato chips and ice cream. Without focusing on her diet, she began to lose weight and feel successful.

Because of this success, ten months later she was ready to make some realistic changes in her diet, and continuing to meet her goals of losing weight.

It is more effective to work in areas that you are ready and able to change. Since one aspect of our life affects the whole, having success in one area can translate to success in another area.