

Readiness for Change



Are you ready for a lifestyle behavior change? What is your level of commitment? This worksheet will help identify an area you may be ready to change and a change you will be successful at maintaining. You will not need to share this assessment with anyone.

Read each of the three descriptions. Then below each description, select the one statement that best expresses your feelings about that description. Check only one response for each area: Pleasurable and Healthful Eating, Physically Active Living, and Respect for Body-Size Differences – Yours and Others.

Pleasurable and Healthful Eating

Pleasurable and Healthful Eating means:

- Taking pleasure in eating a variety of foods;
- Enjoying lower-fat higher fiber foods more often;
- Meeting your body's energy and nutrient needs through healthy enjoyable eating;
- Taking control of your eating by listening to your hunger and fullness cues; and
- Having successful strategies for coping with your emotions. Breaking the mood/food connection.

OR

check only one

Doesn't match my eating patterns, and

- I don't intend to change them to be more like this in the next 6 months.
- I intend to change them to be more like this in the next 6 months.
- I intend to change them to be more like this in the next 30 days.

Is similar to my eating patterns, and

- I've been eating this way for less than 6 months.
- I've been eating this way for 6 months or longer.
- I have no temptation to engage in my old eating patterns.

Please continue on second page . . .

References

Vitality/Healthy Weight Journal, May/June, 1995.

Health Enhancement Systems. *Well Stage Tool Kit*. Midland, MI: Health Enhancement Systems, 1998.

Brassington, Glenn. *Motivation to Change: How to get it, Keep it, and Give it Away*. Proceedings of 7th Annual Patient Education Conference. University of Missouri, Sinclair School of Nursing, 1998.

Physically Active Living

Physically Active Living means:

- ☉ Valuing and practicing physical activities that are moderate and fun;
- ☉ Being physically active your way, every day;
- ☉ Participating for the joy of feeling your body move; and
- ☉ Enjoying physical activities as part of your daily lifestyle.

OR

check only one

Doesn't match my activity pattern, and

- ___ I don't intend to change to be more like this in the next 6 months.
- ___ I intend to change to be more like this in the next 6 months.
- ___ I intend to change to be more like this in the next 30 days.

Is similar to my activity pattern, and

- ___ I've been active in this way for less than 6 months.
- ___ I've been active in this way for 6 months or longer.
- ___ I have no temptation to engage in old behaviors.

Respect Body Size Differences – Yours and Others

Respecting Body Size Differences – Yours and Others means:

- ☉ Accepting and recognizing that healthy bodies come in a range of weights, shapes and sizes;
- ☉ Tolerating a wide range of body sizes and shapes;
- ☉ Appreciating your strengths and abilities;
- ☉ Celebrating and enjoying the unique characteristics you have to offer; and
- ☉ Thinking critically about messages that define success and happiness based on unrealistic standards of thinness for women and on unrealistic standards of muscularity for men.

OR

check only one

Doesn't match my attitudes, and

- ___ I don't intend to change my attitudes to be more like this in the next 6 months.
- ___ I intend to change my attitudes to be more like this in the next 6 months.
- ___ I intend to change attitudes to be more like this in the next 30 days.

Is similar to my attitudes, and

- ___ I've felt this way for less than 6 months.
- ___ I've felt this way for 6 months or longer.
- ___ I have no temptation to return to my old beliefs.

What is your top choice? If you have more than one health behavior you are ready to change in the next 30 days, select the one that will be the most fun and rewarding. You can address the other(s) at a later time.

- ___ Pleasurable and Healthful Eating
- ___ Physically Active Living
- ___ Respect Body Size Differences – Yours and Others