

CYCLE OF CHANGE A HERO'S JOURNEY



POINT OF RECOGNITION
SOMETHING NEEDS TO CHANGE



MAINTENANCE
"IT IS POSSIBLE!"

PRACTICE MAKES PERMANENT

PRECONTEMPLATION
"NO WAY, NOT ME!"



CONTEMPLATION
"WELL, MAYBE"



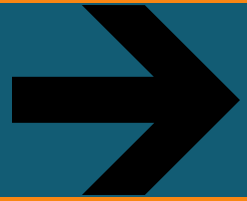
ACTION
"LET'S DO THIS!"



PREPARATION
"OK, WHAT DO I DO NOW?"

CHANGE IS A NONLINEAR PROCESS
SOMETIMES YOU TAKE A STEP BACK BEFORE

MOVING FORWARD



CHANGE TAKES COURAGE...
YOU CAN DO THIS!

