CYCLE OF CHANGE

A HERO'S JOURNEY

POINT OF RECOGNITION

SOMETHING NEEDS TO CHANGE

PRECONTEMPLATION
"NO WAY, NOT ME!"
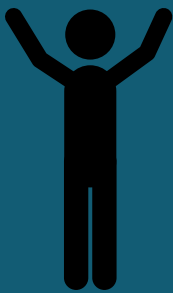
MAINTENANCE
"IT IS POSSIBLE!"

PRACTICE MAKES PERMANENT!
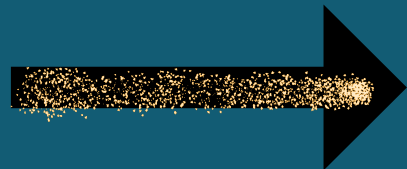
CONTEMPLATION
"WELL, MAYBE."

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!