

Resources for GROWTH and change .

1.) Activity 1: “Start With A Dream.”

- a. When you are thinking about stating a goal, think about those dreams you have and turn them into goals. Use this worksheet to write about the dreams you would like to turn into goals.

2.) Activity 2: “Weekly Motivator.”

- a. The goal is to “remind” yourself daily on how to properly take care of yourself. Select one or more of the following areas to work on in a given time-frame. Focus on setting goals that relate to you and are goal-focused! What do you notice when you identify these goals? Do you notice barriers while partaking in this activity?

3.) Activity 3: “Stages of Change”

- a. The “Stages of Change” review the specified components with how one reacts to

changing their behaviors. Behaviors may include: fighting with peers/parents, feelings of anger/hostility, wanting to avoid negative people,

Change can be difficult, but identifying and distinguishing change components are imperative for our ability to function.

STAGES OF CHANGE INCLUDE:

- 1.) Pre-contemplation
- 2.) Contemplation
- 3.) Preparation
- 4.) Action
- 5.) Maintenance
- 6.) Relapse

***Provided is a handout of an explanation of what each stage means, including examples, thus describing our “levels of thinking” of whether to change a behavior or not.