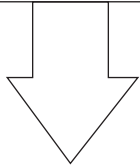


STAGES OF CHANGE EXERCISE

1.

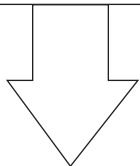


**I'M NOT INTERESTED
IN CHANGING**



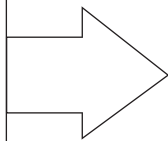
2.

**I'M THINKING
ABOUT CHANGING**



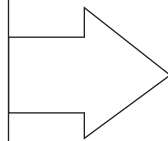
3.

**I'M GETTING
READY TO CHANGE**




4.

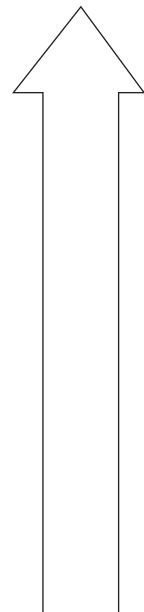
**I'M MAKING
CHANGES**



6.



**I'M WHERE
I WANT TO BE!**



I'M SLIPPING

