

# KICKSTART GUIDE

The fact you downloaded this guide speaks to your motivation level, you are actually ready for change! That's awesome!

How you go about it will be something only you know how to do but included is a bunch of random info you can pick and choose from to help you along the way.

Remember you really can do whatever you want, its your body, your life and I'm super excited for you to feel what you need to, find what you need to and just get on with living your life! So lets get into it!

## Take stock!

What tools and resources do you currently have, do you need to book an appointment with a GP or physio? Have you already got a team but feel like its not effective? What is getting in the way? What are you working with? Often people come to realise they actually have options! Also question your medical pros, get them to dig deeper into their expertise too!

## SOME GOOD BOOKS ON CHANGE



# CONSIDERATION CLOUD

ASK YOURSELF BIG QUESTIONS WHATS, WHEN'S, WHERE'S & WHYS.. A WHOLE LOT OF 'WHY'?

WHERE DO I WANT TO BE?  
WHAT DOES 'LOST' MEAN FOR ME?  
WHAT DOES 'STARTING' LOOK & FEEL LIKE? WHY?  
WHAT'S THE ACTUAL THING!?  
WHERE DO I FEEL STUCK? WHY?  
WHAT IS STOPPING ME? WHY?  
WHAT HAS WORKED BEFORE?  
WHERE DO I FIND SUCCESS CURRENTLY?  
WHAT ARE MY DAILY WINS RIGHT NOW?

## STAGNATION ISSUES



Life, uh, finds a way.

Use perspective!

In the thick of a stagnation you might feel like you're wasting a lot of time, reflect on what has happened, how you got there and why you may of needed that stagnation - it's all part of the process.

The stagnations over time will get shorter, your ability to navigate obstacles will improve the more you face them so you may have a wild time ahead but actually deal with it smoother than you may think.

Life is life! There will always be challenges its natural so to quote a certain dinosaur film from the 90's "Life uh finds a way".

## FINDING YOUR CORE VALUES IS IMPORTANT

Our values underpin everything, a basic intro to figuring out is on this site

<https://www.mindtools.com/a5eygum/what-are-your-values>

# The states of change (TTM) Transtheoretical Model

OTHER MODELS TO CHECK OUT  
TPB, HBM, SCT, HAPA, SDT, ELM, IMB, COM-B and  
Ecological Model

## AND HOW TO PROGRESS THROUGH THEM

**1** Precontemplation: Not yet aware or able to acknowledge that there's a need for change. Resistant to change and have no intentions of taking action any time soon.

**Increasing awareness:** Seek out information about the potential benefits of change.  
**Reflect on the current behavior and ask yourself "What are the consequences?"**  
**Keep talking with friends, family, or professionals keeping an open mind without pressure.**  
**Explore personal values.**

**2** Contemplation: Aware of the need for change and are considering it. Thinking about making a change but often ambivalent about taking action.

**Choose a specific date to start making the change.**  
**Research different strategies and approaches to change.**  
**(A whole lot of googling! & youtubeing)**  
**Get support:** Identify people who can offer encouragement and assistance during the change process.  
**Evaluating resources:** Determine what tools, skills, and resources are needed for success.

**3** Preparation (or Determination): Making the decision to change and actively planning to take action in the near future. Involves gathering information, setting goals, and making specific plans for change.

**Make clear plans:** Utilise your values to make plans you'll stick by.  
**Identify and address obstacles that might hinder progress.**  
**Gather support:** Communicate the plan to friends, family, or professionals for added accountability.  
**Small steps:** Start implementing changes gradually to build confidence and momentum.  
**Positive psychology.**

**4** Action: This stage involves putting the plans into action. Modifying their behavior, environment, or both to bring about the desired change. It requires commitment, effort, and resources.

**Identifying triggers:** Recognize situations or cues that might lead to relapse and develop strategies to cope with them. **Work on any saboteur elements.**  
**Celebrating successes:** Acknowledge and reward achievements to stay motivated. **Celebrate consistency!**

**5** Maintenance: Goals achieved, work to prevent relapse. This stage involves ongoing effort to sustain the new behavior over time.

\*Relapse is natural in the process of behavior change. Relapse can happen at any stage of the behavior change process, from the initial action stage to the maintenance stage. Understanding relapse and its underlying factors is crucial for designing effective strategies to prevent and manage it.

RELAPSE\*  
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