

THE CHANGE PROCESS

STAGE I: Decide whether to change

- * Consider your position in stages of change
- * Develop a clear sense of what is
- * Develop a clear GOAL
- * Weigh benefits and costs
- * Decide whether to proceed
- * Commit

STAGE II: Plan the change

- * Create objectives—what are the milestones to reach that goal?
- * Create interventions—what will you need to do to accomplish those objectives?
- * Count the cost
- * Revise as needed
- * Troubleshooting plans

STAGE III: Implement the change

- * Work the plan
- * As things go wrong, implement your troubleshooting plans.

STAGE IV: Evaluate

- * Along the way
 - Are the steps getting you to your objectives?
 - Do your objectives still help you reach your goal?
- * At the end
 - Did the goal have the desired effect?
 - Gather formal and informal feedback