

# Stage 3: Preparation

## Characteristics

- Experimenting with small changes
- Collecting information about change

## Strategies

- Write down your goals
- Prepare a plan of action
- Make a list of motivating statements

During the preparation stage, you might begin making small changes to prepare for a larger life change. For example, if losing weight is your goal, you might switch to lower-fat foods.<sup>3</sup> If your goal is to [quit smoking](#), you might switch brands or smoke less each day. You might also take some sort of direct action such as consulting a therapist, joining a health club, or reading [self-help books](#).

If you are in the preparation stage, there are some steps you can take to improve your chances of successfully making a lasting life change. Gather as much information as you can about ways to change your behavior. Prepare a list of motivating statements. Write down your goals. Find resources such as support groups, counselors, or friends who can offer advice and encouragement.