

Cycle of Change

Written by:
Marilyn Williams
Certified Nutritional Counsellor &
Dietary Consultant



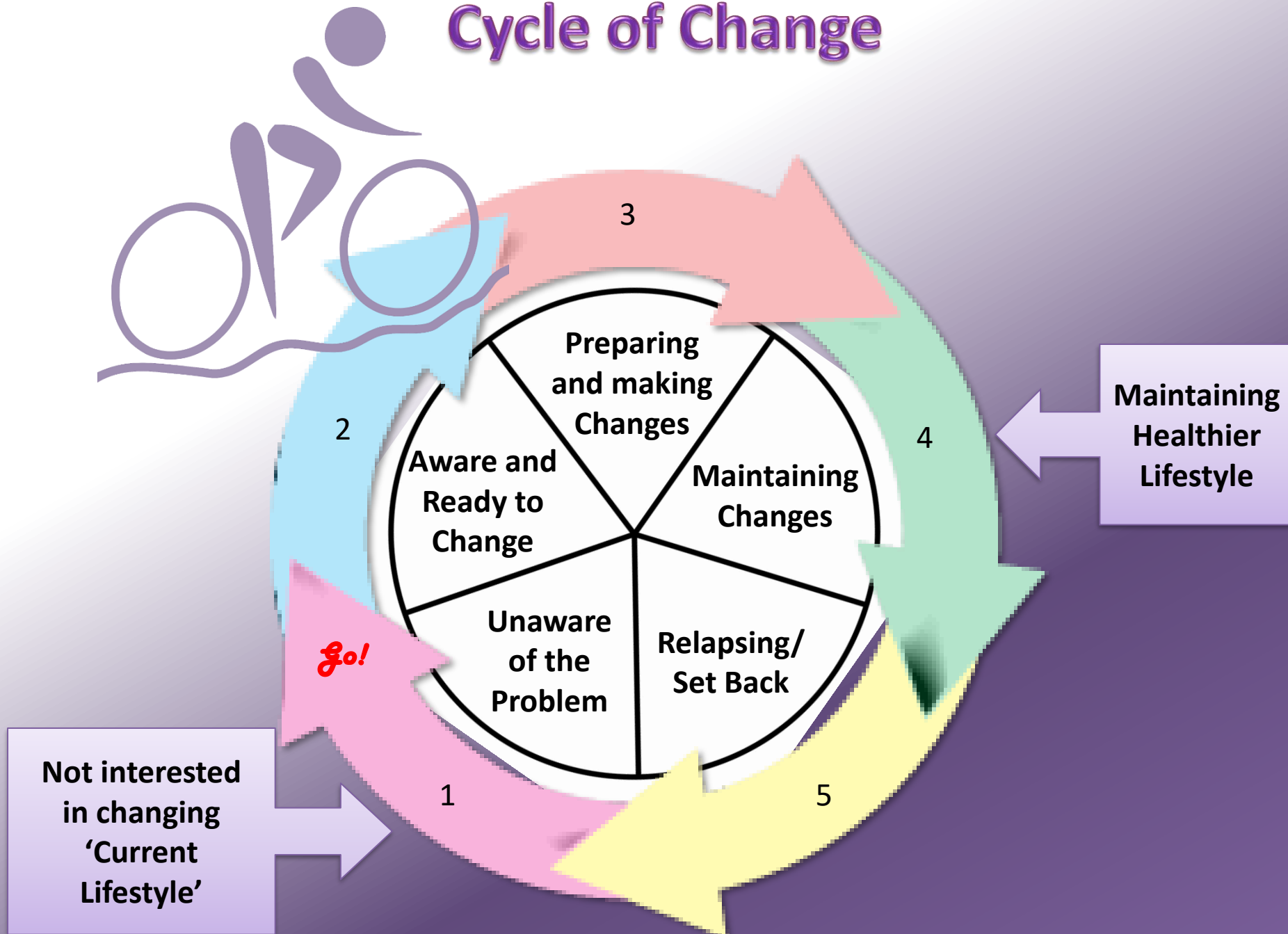
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Cycle of Change



Cycle of Change – Unaware!

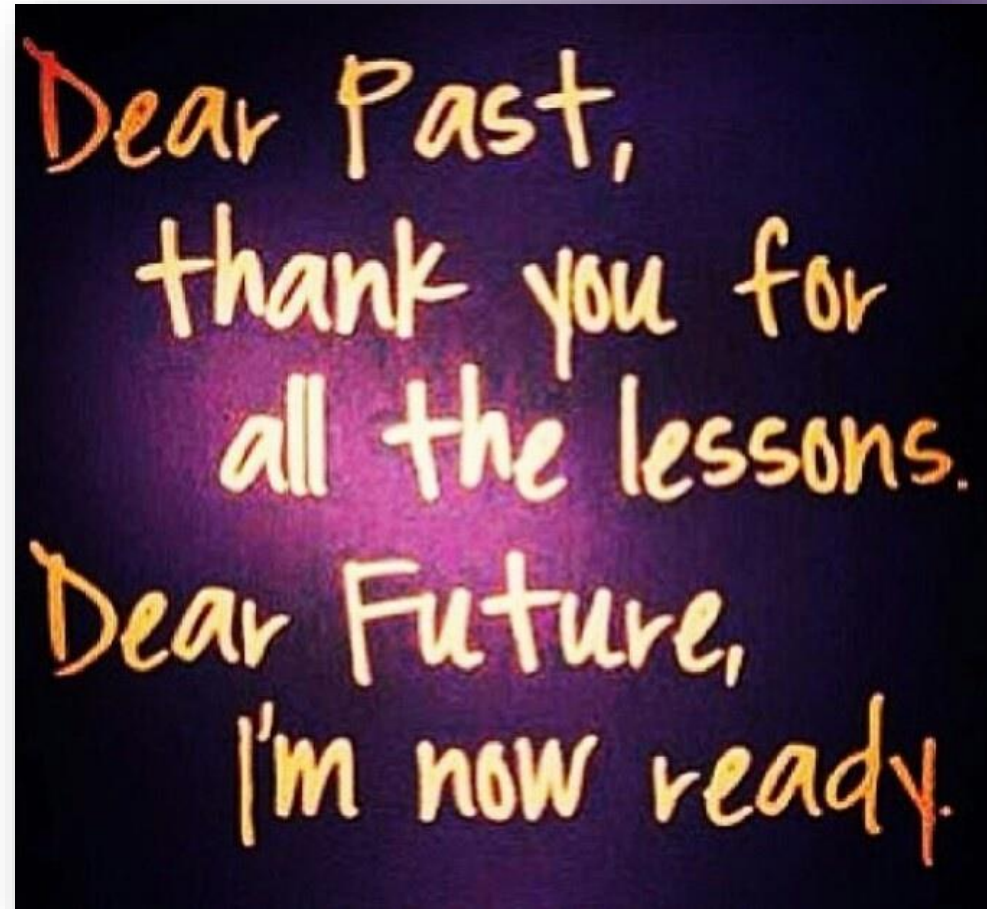
A close-up, profile view of a woman with dark hair, looking thoughtfully to the left. Her hand is resting on her chin, and she has a contemplative expression. The background is blurred, showing another person's face in profile.

Research has shown that there are different stages involved in the way people make changes.

At first, people may not even be ready to change. They may be not interested in change or are thinking about change, but not quite sure.

These people may need to see some relevant information about why change is a good idea. They may need time to think about the pros and cons involved in changing.

Cycle of Change – Aware and Ready!



Dear Past,
thank you for
all the lessons.
Dear Future,
I'm now ready.

Now's the time to prepare yourself for change



YOU WILL NEVER
CHANGE YOUR LIFE
UNTIL YOU CHANGE
SOMETHING YOU DO
DAILY. THE SECRET
OF YOUR SUCCESS
IS FOUND IN YOUR
DAILY ROUTINE

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MATURITY IS WHEN
YOU STOP
COMPLAINING AND
MAKING EXCUSES,
AND START MAKING
CHANGES.

ROY T. BENNETT

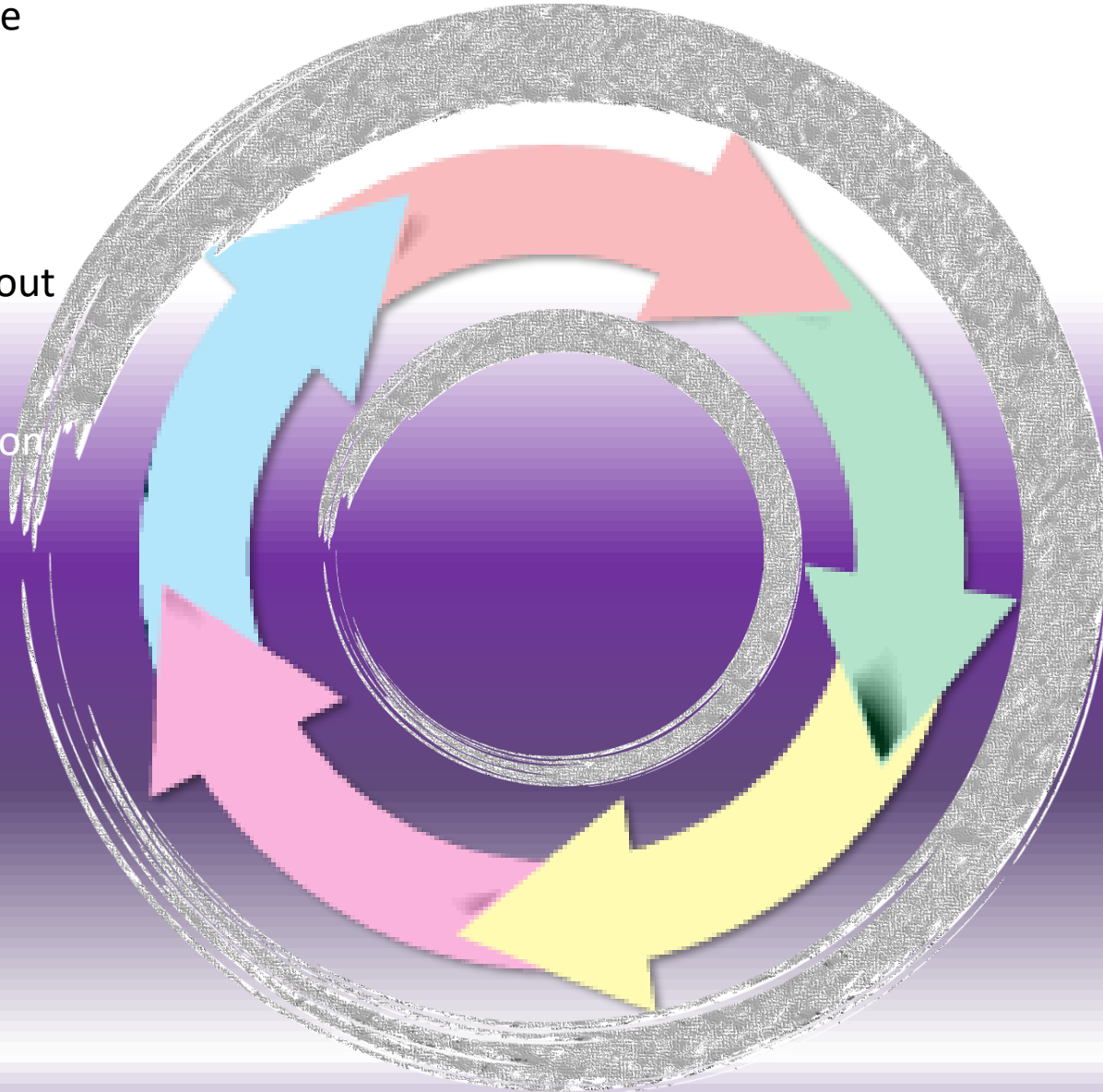
Cycle of Change –
Preparing and Making
Changes!

Cycle of Change – Maintaining Changes!

You might need to go around the wheel a few times.

You will find that once you have maintained changes for many months you'll eventually swing out of the cycle.

That's when you become a person who has permanently changed.



For this person, the new way of doing things feels absolutely normal and they know without a doubt that they'll not return to their old ways. Praise God!



“My grace is sufficient for you, for my power is made perfect in weakness.”

2 Corinthians 12:9

**Cycle of Change –
Relapse/Setback!**

If for some reason you failed to keep to your action plan, it doesn't mean it's a permanent failure!

People can use a relapse as a learning experience, think about why things went wrong and work out whether and how they will prepare to take action again.