The five key stages of change

Stage 1: Pre-contemplation
- Haven't considered the idea of change
- Resistant to the idea of change
- Affected by social pressure

Stage 2: Contemplation
- Planning
- Preparing for the new change
- SMART goals

Stage 3: Planning
- Implementing the plan
- "Doing" actions
- Initiating a plan

Stage 4: Action
- Maintaining the change as a new long-term behaviour
- Taking action

Stage 5: Maintenance
- Relapse can take you back to any stage during the process of change and can be caused by:
  - Internal pressure (the voice in your head that says the change is too hard)
  - Special situations (a combination of internal and social pressure)