

## “SAY, WHAT?” (PRE-CONTEMPLATION)

### Where we are:

- Not focused on a need for change.
- Vague or no awareness of the need.
- Resistance or denial of a need for change.

### What we can do:

- Create awareness of the need.
- Talk to elders and tribal leadership.
- Hold a talking circle or community forum.
- Talk to other stakeholders involved.

## “WELL, MAYBE...” (CONTEMPLATION)

### Where we are:

- Learning about the need.

### What we can do:

- Conduct a community assessment.

## “OK, SO NOW WHAT DO WE DO?” (PREPARATION)

### Where we are:

- Community assessment is completed.
- The need for change has been clarified.

### What we can do:

- Using the results of the community assessment, develop the change plan.
- Make sure the plan includes:
  - Who needs to be involved?
  - What, specifically, is the change?
  - When will it be implemented?
  - Where will the change take place?
  - How will the change happen?
  - By when? What is the timeline?

## “LET’S DO THIS!” (ACTION)

### Where we are:

- The plan is being implemented.
- Change is in process.

### What we can do:

- Hold regular stakeholder meetings.
- Remain continually intentional to the change.
- Hold check-in meetings with staff.
- Celebrate successes.
- Communicate, communicate, communicate!

## “LET’S KEEP IT GOING.” (MAINTENANCE)

### Where we are:

- The change is being or has been implemented.
- Progress is being made to help address the community need.

### What we can do:

- Celebrate successes.
- Commit to the change and make improvements as needed.
- Continue to communicate with stakeholders and staff to keep positive change moving forward.

*Adapted from Prochaska & DiClemente, 1992*

