



Thinking About Change Worksheet

Thinking about making a change to improve your health and well-being?
Let's start with where you are right now and assess your readiness to make a change.

Rate yourself 1 to 5 (circle one)

How **ready** are you to make changes or improvements to your health and well-being?

- | | | | | |
|---|---|--------------------------------------|---|---|
| 1 I haven't thought about making changes | 2 I plan to make a change in the next six months | 3 I plan to change this month | 4 I recently started making changes within the past few months | 5 I have been making changes for the past six months |
|---|---|--------------------------------------|---|---|

How **important** is it for you to improve your health and well-being?

- 1** Lowest **2** **3** **4** **5** Highest

How **confident** are you in your ability to reach and sustain your health and well-being goals?

- 1** Lowest **2** **3** **4** **5** Highest

If you picked a **3, 4 or 5** on most questions,

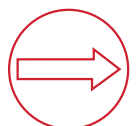
health coaching may be a great source of support for the work you are ready to do!

Next steps:

- ▶ Connect with a **Quartz Health Coach**.*
Call **(866) 884-4601** to set up your first session
- ▶ Complete this worksheet on the other side to pick your topic and start an action plan today!

If you picked a **1 or 2** on most questions,

it's a good time to learn more about what matters most to you. Complete this worksheet on the other side to gain clarity and determine how you can get motivated to make changes.



Now, pick an area where you may be interested in making a change.



Eating healthy



Healthy weight



Staying active



Lowering stress



Quitting tobacco



Other

Now that you've chosen a topic, what behaviors would you like to change?

Reasons you like these behaviors now?

Reasons you might change these behaviors?

What is getting in the way of changing these behaviors?

What are small steps you can take **within the week** to move forward?

Quartz Health Coaching

QuartzBenefits.com/healthcoaching

(866) 884-4601

* The Quartz Health Coaching program is available for Quartz members age 18 and over who have Commercial, BadgerCare Plus, Senior Preferred coverage (and ASO plans that have purchased the health coaching option). If you have health insurance coverage under the State of Wisconsin / Local / ETF, please contact wellwisconsin.staywell.com or call (800) 821-6591 to begin health coaching.