

# Making changes

## Are you ready to make a change?

- ▶ When you have one or more health conditions you may have to make a few changes.
- ▶ Changes can be hard, especially at the beginning.

Talk things over with your family/whānau and your healthcare team. They may be able to help you focus on what is most important to you and what will make a positive change in your life.

Ask yourself, am I ready to make a change? *Try this exercise.*

What will be good about making these changes?

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What worries me about making these changes?

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What is good about staying the same?

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What worries me about staying the same?

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Show this  
to your  
healthcare  
team!



**Need more help with problem solving?** See page 20.

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