

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!

