Where Are You Right Now?



A Stages of Change worksheet
Based on the Transtheoretical Model (Clemente & Prochaska, 1977)

Change doesn't happen in one leap. It moves through stages, and knowing which stage you're in changes what kind of support actually helps.

Read each description and identify the one that sounds most like where you are right now regarding your next study or career move.

Stage	Description
Not yet thinking about it	I'm not really considering a change. Maybe someone else thinks I should, but I'm not feeling it yet.
Thinking about it	I know something needs to shift, but I'm not sure what, or I'm going back and forth about whether to act.
Getting ready	I've decided I want to make a change and I'm starting to plan. I might be researching or getting things in order.
Doing it	I'm actively making changes right now. New job, new study, new direction. It's happening.
Keeping it going	I've made the change and I'm working on making it stick. Some days are easier than others.

What helps at your stage

Use these strategies to support where you sit in your study/career journey right now.

- **Not yet thinking about it:** No pressure. Just notice what's working and what isn't.
- **Thinking about it:** Explore without committing. Talk it through. Weigh up the pros and cons.
- **Getting ready:** Get specific. Set a timeline. Tell someone what you're planning.
- **Doing it:** Build support around you. Celebrate small wins. Ask for help when it gets hard.
- **Keeping it going:** Watch for old patterns creeping back. Stay connected to *why* you made the change.

Your honest check-in

Take a moment to reflect on your current reality. Be kind to yourself as you answer these prompts:

1. **What's keeping you in your current stage?** (Focus on what is actually present for you right now, rather than what you feel 'should' happen).

2. **What would need to be true for you to feel ready for the next stage?**