

INSPIRING THE AMBIVALENT

**A BEHAVIOUR CHANGE WORKSHOP
FOR PRIMARY CARE AND ALLIED
HEALTH PROFESSIONALS**

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WORK SHEETS

Create a Vision

Agenda

What do you want to be different about your health?	Importance
1.	
2.	
3.	
4.	

Motivation

Why? If you woke up tomorrow with better health what would you be doing differently?
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•
•
•
•

Barriers

What is stopping you get healthier?	What would help you get healthier?

In 3 months time I will be.....

Focusing on changing behaviours helps to achieve more sustainable change

What will you consistently be <u>doing</u> differently, in 3 months?
1.
2.
3.
4.

What could get in your way?	What and who could help you?
1.	
2.	
3.	
4.	

What are you confident you could be doing differently in the <u>next week</u>?
1.
2.
3.
4.

Improving my Behaviour Change Skills - Menu of options

Create a list of all the things you could do to improve your Behaviour Change Skills.

(Include ideas on formal training, reading, informal training with colleagues and ways you can record and reflect on your experiences.)

Highlight 3-5 that would be realistic to do in the next 3 months.

What actions are you confident you could take in the next week?

1. _____
2. _____
3. _____

Decisional Balance Exercise

Useful for those who are ambivalent about making change. Used to help recognize barriers and, if they progress towards wanting to take action, build confidence.

1. Ask Importance before and after doing the exercise.
 2. What are the risks of doing this exercise? _____
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Benefits of staying the same	Benefits of making the change
Cons of staying the same	Cons of making the change