

The Joe Martino Show:

Episode 2: Six Stages of Change Questions:

1. Is there a problem? Do I have a problem? Do I need to change?
2. Am I willing to change now? If not now, when?
3. What do I need to do in order to change? What's the plan?
4. Execute the plan? Am I doing the plan?
5. Where am I versus where I thought I would be? What have I done versus what the plan called for?
6. Is this a habit?