CYCLE OF CHANGE

NOT READY

Your parent isn't ready to make a change

GETTING READY

Your parent is thinking about what they need to do

Hmm, what do I need to do?

READY

Your parent is getting ready to make a change

I CAN DO IT

STOPPED

Your parent has stopped doing it

STOP

STILL DOING IT

Your parent is still doing it

DOING IT

Your parent has started to make changes