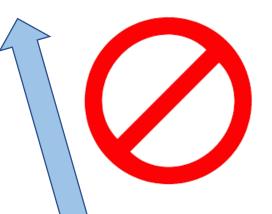
# SYCLE OF CHANGE

#### NOT READY

Your parent isn't ready to make a change



### STOPPED

Your parent has stopped doing it



#### GETTING READY

Your parent is thinking about what they need to do



## STILL DOING IT

Your parent is still doing it



#### READY

Your parent is getting ready to





#### DOING IT

Your parent has started to make

