

Readiness for Change

Guided Questions



Consider asking one or more of the following questions to potential National DPP participants before you sign them up for class. Are they ready to commit to a year-long program to improve their health?

1. Please tell me a little bit about what made you decide to look into making healthy changes?
2. What do you hope to accomplish by making these changes?
3. What sort of healthy changes have you made in the past? Can you please tell me about your experience?
4. On a scale of 1-10, how confident are you in your ability to make this commitment to your health? What makes you choose # versus (a lower number)?
5. Are there any other priorities that you might need to address before getting started?
6. What do you need to feel successful getting started?