

Session 5—Consolidating Commitment to the Plan



Most Important Task for this Session:

- At the end of this session, participants should be solidly committed to their goal, starting to make progress, and feeling good about the gains they are making.

Agenda

1. Check-in and homework review
2. Guide participants to consolidate commitment
3. Assign At-Home practice—**Weekly Goal Guide**



Note to facilitator: This is a **FLEX** session. In addition to completing the exercises in this session, you can use this time to catch up on past sessions or advance to future sessions when you have met the most important tasks for this session.

1. Check-In

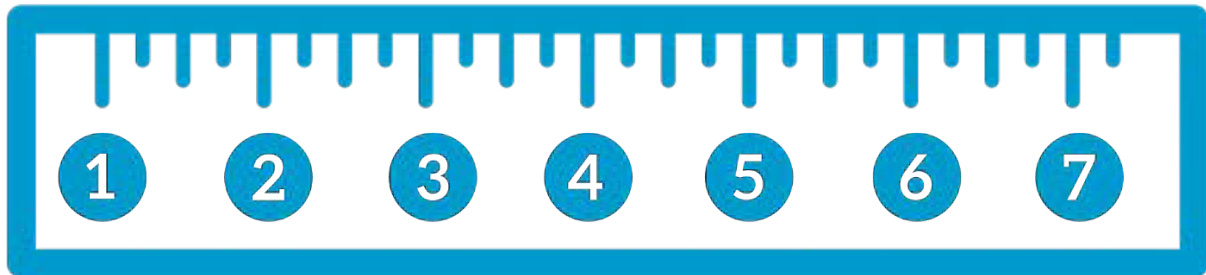
- Write/share the agenda on the board or shared screen; write/share the following check-in questions on the board or shared screen.
- Reinforce for arriving on time and bringing back the folder.

Check-In Questions

1. What is your long-term goal (where would you like to be one year from now)?
2. What is your 3-month goal?
3. Will you please share your At-Home Worksheet—**Weekly Goal Guide** (what you assigned for yourself and what you completed)?

4. “What is your **Motivation Rating** today on a scale of 1 to 7?” (Scale 1; “Not at all motivated” – 7; “Extremely motivated”)

Motivational Rating on a Scale of 1-7



Not at all motivated

Somewhat motivated

Extremely motivated

Suggested facilitator dialogue: “You chose a _____. List three reasons why you chose this and not a lower number.”

Facilitator-led activity: Ask participants to answer the four check-in questions. If for some reason participants did not complete their At-Home Worksheet, or did not bring back the folder/Worksheet, spend the entire 20 minutes discussing. Investigate how/why they lost it or what got in the way of them completing it.

It may become clear they have selected an inappropriate goal (they aren’t motivated enough, or they encountered an unexpected obstacle). Use [MI techniques](#) to explore the thoughts and feelings related to change and sustainment. Be willing to change the goal or the action steps on the goal ladder. Planning is a fluid process and can be useful to identify resistance and sticking spots.

If participants did complete the **Weekly Goal Guide** for their goal, spend time discussing how they were able to complete the intended actions. Examine the **Goal Ladder** and reflect on whether the steps need to be adapted.

Consolidating Commitment

Facilitator-led activity: The goal is to guide participants to consolidate commitment and begin making progress on next steps on the goal ladder.

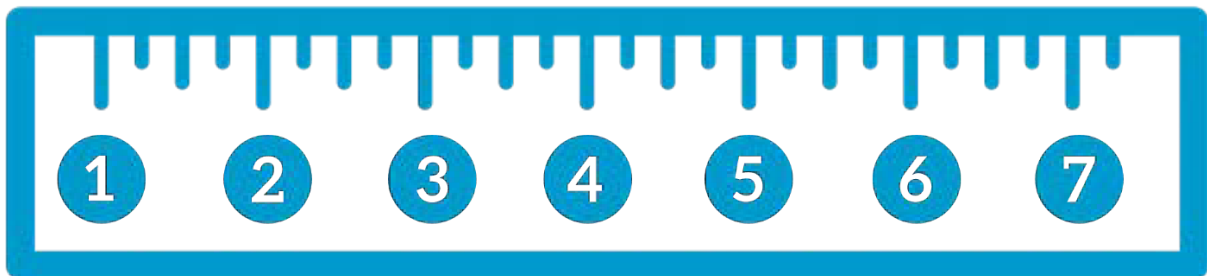
The facilitator should use [MI techniques](#) including **Reflections** that summarize what the participant has said about why their goal matters to them and elicit [Change Talk](#) about WHY to change and HOW to change.

Suggested dialogue for facilitators: *“You talked about why you want to make this change—so that you can accomplish XYZ. Remind us again, why is XYZ important to you? You see the importance of keeping track of how often you ____, improving your ____. You wanted to start with ____. Are we on track?”*

If participant responds with additions or changes, reflect these and amend the plan.

Now, ask for a verbal commitment to move forward on the plan. For example: *“Why do you feel this plan is something you want to do?”* Always reinforce commitment language with **Reflections** or by asking for **Elaboration**. Use the **Commitment and Importance Ruler**.

Commitment Ruler



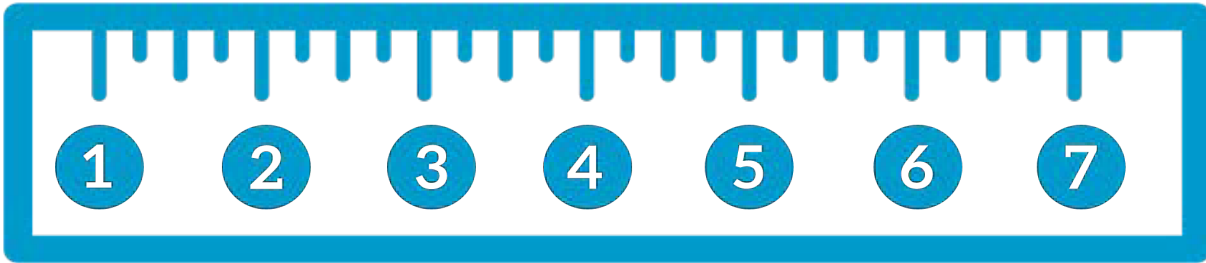
Not at all committed

Somewhat committed

Extremely committed

Suggested facilitator dialogue: *“You chose a _____. List three reasons why you chose this and not a lower number.”* (This is a technique to further the [Change Talk](#).)

Importance Ruler



Not at all important

Somewhat important

Extremely important

Suggested facilitator dialogue: “You chose a _____. List three reasons why you chose this and not a lower number.”

2. At-Home Practice



1. Hand out the Session 4 At-Home Worksheet—**Weekly Goal Guide**.
2. Using the Worksheet, do individual work to identify the two small steps participants will take during the week as initial steps towards the goal.
3. Problem-solve any anticipated obstacles.