Pathways to Change game
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**Personal**
What the person feels, thinks, or wants

**Social**
What friends, family, and neighbors say or do

**Environmental**
What services, resources, and policies exist where the person lives

**Facilitator**
Something that makes it easier to do the healthy behavior

**Barrier**
Something that makes it harder to do the healthy behavior

**Setback**
Something that could make the person stop doing the healthy behavior