

Tool 3.3: Check your readiness to change

Date:

Mark each thick line below to show how ready you think you are to change.

How do you feel about changing your behavior?

Not considering change

Thinking about change

Already changing

0 1 2 3 4 5 6 7 8 9 10

What would help you move forward?

How important do you think it is for you to change?

Not important

Very important

0 1 2 3 4 5 6 7 8 9 10

How confident do you feel that you can change?

Not at all confident

Very confident

0 1 2 3 4 5 6 7 8 9 10