



Readiness ruler



Date: _____ I would like to make a change to the following area of my life:

IMPORTANCE

On a scale of 1 to 10, with 1 meaning *“not important at all,”* and 10 meaning *“couldn’t be more important,”* here’s how important making this change is to me:



1 2 3 4 5 6 7 8 9 10



READINESS

On a scale of 1 to 10, with 1 meaning *“not ready at all,”* and 10 meaning *“couldn’t be more ready,”* here’s how ready I am to start making this change:



1 2 3 4 5 6 7 8 9 10



CONFIDENCE

On a scale of 1 to 10, with 1 meaning *“not confident at all,”* and 10 meaning *“couldn’t be more confident,”* here’s how confident I am that I can make this change:



1 2 3 4 5 6 7 8 9 10

