Readiness/Confidence to Change

Readiness/ Confidence to change rulers

1. How important to you is your physical health?

'The Readiness Ruler'

Not important at all							Extremely important		
1	2	3	4	5	6	7	8	9	10

2. How confident are you about changing?

'The Confidence Ruler'

<i>3</i> .	Not confident at all							Extremely confident			
	1	2	3	4	5	6	7	8	9	10	

- 4. Why did you score yourself so high/ low?
- 5. What would help to move you higher on the scale?
- 6. How high on the scale would you need to be to change?