

Readiness/Confidence to Change

Readiness/ Confidence to change rulers

1. How important to you is your physical health?

'The Readiness Ruler'

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

2. How confident are you about changing?

'The Confidence Ruler'

<i>Not confident at all</i>										<i>Extremely confident</i>	
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?