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’
   
   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?