

# Importance, confidence and readiness: no. 1

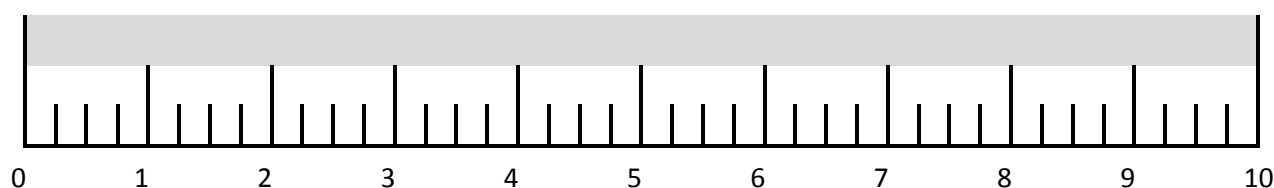
Use this resource to establish the importance you place on changing, how confident you are that you can change and how ready you are to change.

Considering the change you want to make or have thought about making...

1. How **important** is it for you to make this change?

0 = not important at all

10 = extremely important

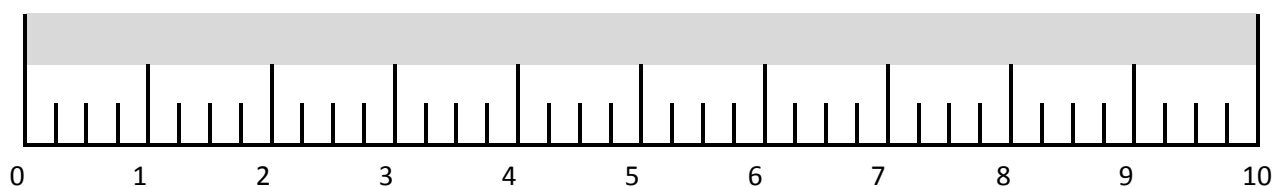


Why?

2. How **confident** are you that you could make this change if you chose to do so?

0 = not confident at all

10 = extremely confident

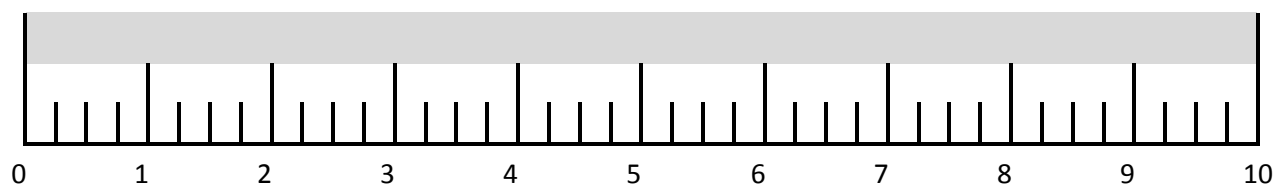


Why?

3. How **ready** are you to make this change if you chose to do so?

0 = not ready at all

10 = ready right now!



Why?

## Results

If you scored a **7 or above** for each scaling question then you are likely in a good position to start or continue with change. If for whatever reason you scored **below 7** in any or all of the questions, it would be useful to spend some time building and strengthening importance and/or confidence around changing.