

Importance, confidence & readiness: no. 2

Use this resource to figure out if change at this point in time is a good idea.

Potential change

- What would you like to change or what have you thought about changing?

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

- On a scale of 0 – 10 (0 = not at all – 10 = extremely), how **important** is it to you to make this change?
- On a scale of 0 – 10, how **confident** are you that you can make this change?

Change talk

Considering the above assessments you made around your identified change...

- Why did you score importance and confidence a _____ and not at zero?
- What would it take for you to move to a higher score in each area?
- What would it take to make this change even more important to you?
- What would need to happen for you to become more confident that you could make this change, if you chose to do so?
- What support would you need to make a change, if you chose to do so?

Re-assess

Now that you have expanded on your original assessment results by considering the questions above, re-assess the importance and confidence of your proposed change before answering the questions below.

- Did your second assessment differ from your first?

If yes...

- How did your second assessment differ from your first and how do you explain this?

If no...

- Despite things being the same, what has exploring this change in more depth got you thinking about?