

Importance, confidence and readiness: no. 3

Use this resource to figure out what the next step might be regarding any potential changes.

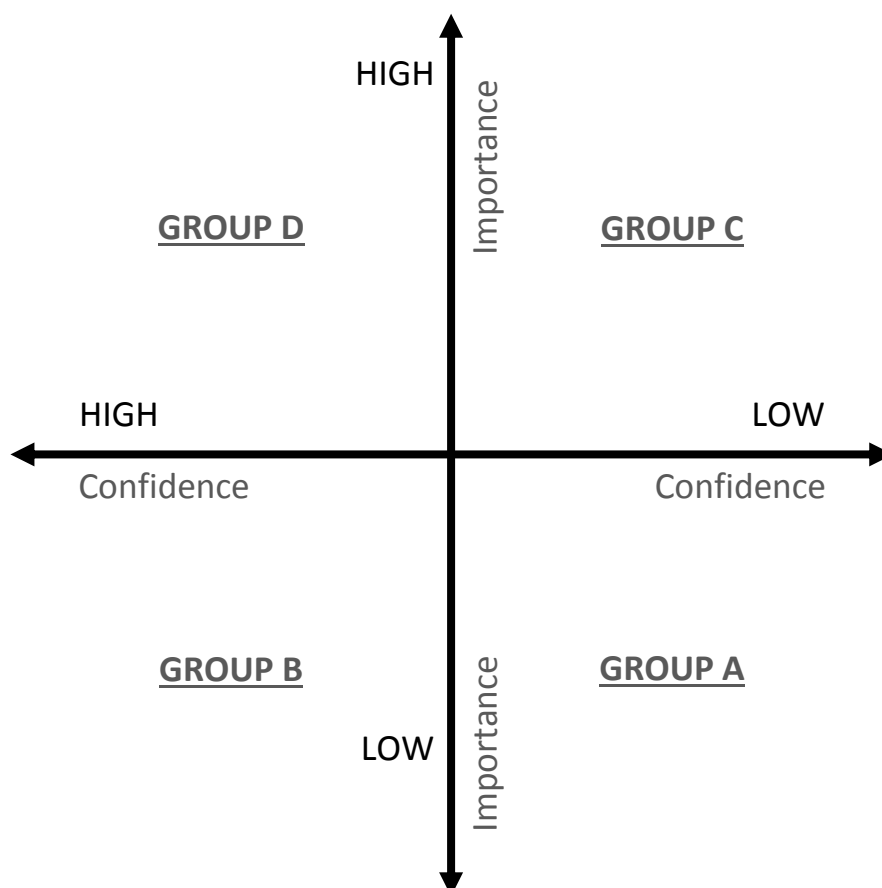
Importance

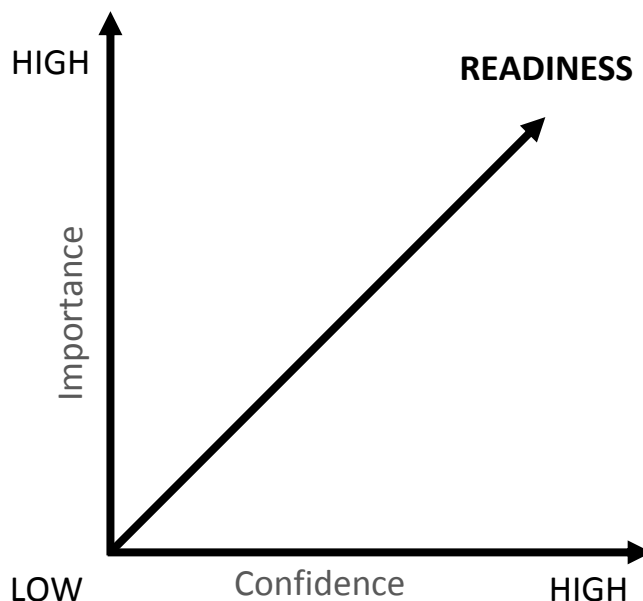
- On a scale of zero to ten with zero being 'not important at all' and ten being 'extremely important' how important is it for you to ___? (e.g. start exercising)
- Why did you score a ___ (e.g. a 4) and not a zero?
- What would need to happen for your score (e.g. 4) to become 'your score' + 2 or 3? (e.g. 6 or 7)

Confidence

- On a scale of zero to ten with zero being 'not confident at all' and ten being 'extremely confident', how confident are you that you can ___? (e.g. start exercising)
- Why did you score a ___ (e.g. a 4) and not a zero?
- What would need to happen for your score (e.g. 4) to become 'your score' + 2 or 3? (e.g. 6 or 7)

Based on your scores for both importance and confidence, you can determine which of four possible groups you fall into. This will then roughly determine how ready you are to take action and what your focus for any action or intervention needs to be. The four groups are described below:





Group A: Low importance, low confidence: You don't see change as important and/or don't believe you could succeed in changing if you tried.

If this is you: Importance needs to be worked on. If something isn't important for you to change, why would you change it? After you do this, begin building confidence.

Group B: Low importance, high confidence: You're confident that if you felt it was important to change you could. However you currently don't see how or why changing is important and aren't persuaded to do so.

If this is you: Again it's importance that needs to be worked on. It pays to note however that in some cases you might be using the mirage of overconfidence to cover for a lack of confidence. This may also mean the problem is important for you to change, but because your confidence is low you're minimising importance.

Group C: High importance, low confidence: You see changing as important but lack the self-confidence and self-belief that you could change if you tried.

If this is you: Building confidence is the name of the game here. Use affirmations and draw on past successful change attempts to build confidence.

Group D: High importance, high confidence: You see changing as important and also believe that you could succeed if you tried. This is the best position to find yourself in as you're technically more ready to change than proceeding groups.

If this is you: Use the momentum you will already have around changing. Continue to strengthen your motivation to change while putting action plans in place.