



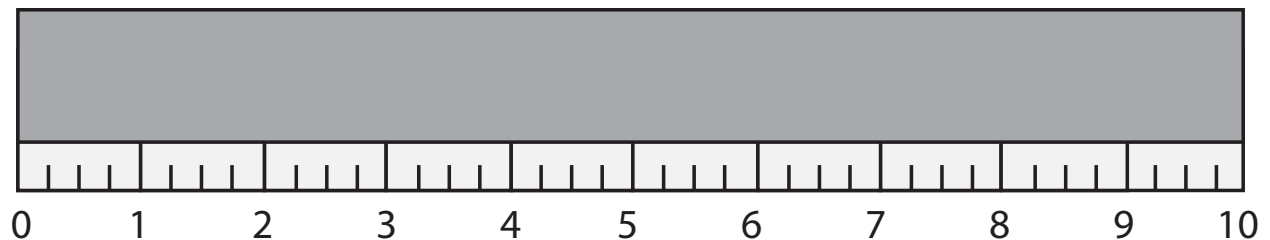
ENCOURAGE EXERCISE #13

Readiness Ruler

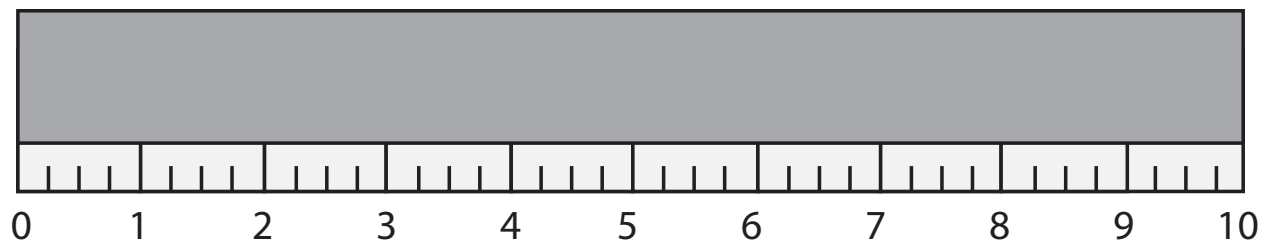
People usually have several things they would like to change in their lives. Your **motivation** to change your behavior and habits can vary, depending on other things that are happening. Think about a specific behavior you are considering to change and answer the questions below.

On each of the rulers below, circle the number that best fits with how you are feeling right now where 0 = Low and 10 = High:

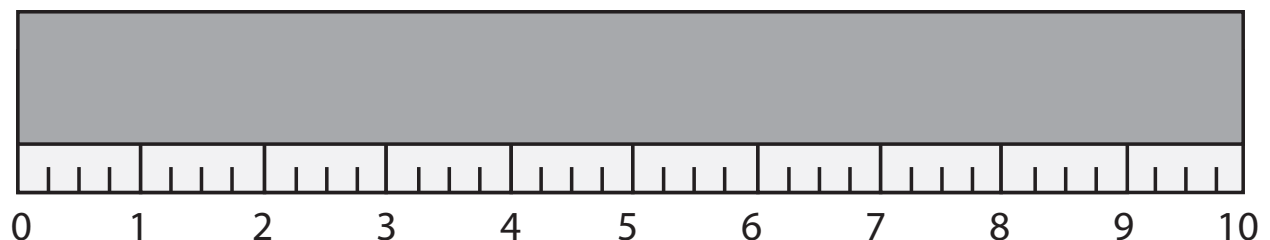
How **important** is it to you to change your habit or behavior?



How **confident** are you that you can successfully change your habit or behavior?



How **realistic** is it that you can successfully change your habit or behavior?



Change Ruler Questions:

1. Why are you at your current score and not zero?
2. What would it take for you to move to a higher score?
3. What has made this change important to you so far?
4. What would it take to make this change even more important to you?
5. What support would you need to make a change, if you chose to do so?