

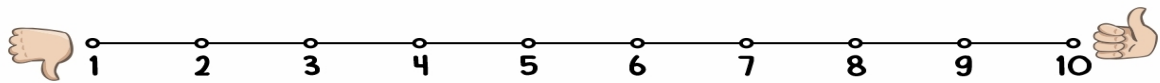
# READINESS RULER

Client \_\_\_\_\_ Version \_\_\_\_\_ Date \_\_\_\_\_

I would like to make changes to the following area of my life:

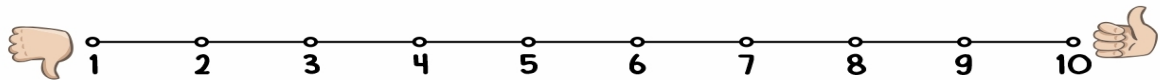
## IMPORTANCE

On a scale of 1 to 10, with 1 meaning "not important at all," and 10 meaning "couldn't be more important," here's how important making these changes are to me:



## READINESS

On a scale of 1 to 10, with 1 meaning "not ready at all," and 10 meaning "couldn't be more ready," here's how ready I am to start making these changes:



## CONFIDENCE

On a scale of 1 to 10, with 1 meaning "not confident at all," and 10 meaning "couldn't be more confident," here's how confident I am that I can make these changes:

