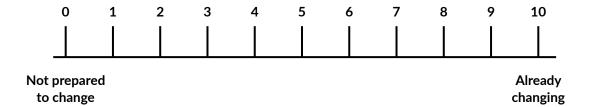
The Readiness For Change Ruler

A diagram can visualize your degree of readiness for change.

Complete the following exercise to assess your degree of preparedness for change.

What would you like to change, or is there a new activity you would like to begin?

Take a moment to look at the following scale and consider where your readiness for change is currently at:



Circle the number that indicates your current position and degree of readiness.

If you have completed the task before, compare scores. What may have caused the change?

This ruler can be revisited over several sessions to assess how your readiness has changed.

Dr. Jeremy Sutton