



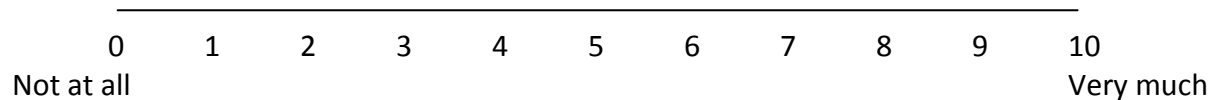
Readiness Ruler



1. Importance to change.

Ask yourself the following questions:

- How important is it for you to change?
- What concerns you about your present behaviour?
- What are your desires, reasons and needs for change?
- What is the strength of your commitment to changing?
- What score would you give yourself out of 10?



2. Ability to change.

Ask yourself the following questions:

- How confident are you in your ability to change?
- Do you have the skills necessary for change to happen?
- What is the biggest reason for you making this change?
- Who can support you in making this change?
- What score would you give yourself out of 10?

