

Scales and Measures

Importance Rating:

On a scale of 1 – 10, how important is it to you to make a change right now? Asked another way, on a scale of 1 – 10, how important is it to you to start _____, stop _____, or change your _____ at this time?

Not important at all			As important as anything else				Extremely important in my life now				
0	1	2	3	4	5	6	7	8	9	10	

Confidence Rating:

On a scale of 1 – 10, how confident are you to make a change right now? Asked another way, on a scale of 1 – 10, how confident are you to start _____, stop _____, or change your _____ at this time?

I don't think I can do it/I think I will not achieve this goal				Maybe I have a 50% chance of achieving this goal				I will definitely be able to do it/achieve my goal		
0	1	2	3	4	5	6	7	8	9	10

Readiness Rating:

On a scale of 1 – 10, how ready are you to you to make a change right now? Asked another way, on a scale of 1 – 10, how ready are you to start _____, stop _____, or change your _____ at this time?

I am not ready at all				I am almost ready				I am very ready		
0	1	2	3	4	5	6	7	8	9	10