

Questions to Consider

How important is it for you right now to...? On a scale from 0 - 10... what number would you give yourself?

0 _____ 10

CONVICTION/IMPORTANCE SCALE

If you did decide to change, how confident are you that you would succeed? On a scale from 0 - 10... what number would you give yourself?

0 _____ 10

CONFIDENCE SCALE

If you did decide to change, how ready are you to make this change? On a scale from 0 - 10... what number would you give yourself?

0 _____ 10

READINESS SCALE