Readiness Ruler

How **important** is it for you to change this behaviour?

0   1   2   3   4   5   6   7   8   9   10

How **confident** are you that you could make this change?

0   1   2   3   4   5   6   7   8   9   10

How **ready** are you to make this change?

0   1   2   3   4   5   6   7   8   9   10