Readiness to Change Ruler

It's hard to change our health habits or change how we manage a chronic condition. Whether the change is something we want to do or it's something our doctor asks us to do, we go through a number of stages. We go from:

1. Not being ready or not wanting to make a change.  
   EXAMPLE: “I'll never be able to lose 10 pounds.”

2. Thinking about the change and weighing the pros & cons.  
   EXAMPLE: “Maybe I’ll have more energy if I do lose weight.”

3. Preparing to make the change and making small changes.  
   EXAMPLE: Buying fresh fruit to have as a snack instead of cookies

4. Making the change.  
   EXAMPLE: Eating fruit as a snack

5. Sticking with the change and making it part of your life.  
   EXAMPLE: Eating cookies as a treat only

Use this ruler to learn what stage of change you are in and how ready you are to make a change.

On a scale of 1-10, with 0 being not ready and 10 being very ready, how ready are you to change your ___________________?  
(Write in the health habit or thing you want to change.) Mark the place the ruler that describes your readiness to change. Use the questions below to help you think more about your change.

<table>
<thead>
<tr>
<th>Not at all ready</th>
<th>Somewhat ready</th>
<th>Ready (already changing)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If your mark is between 1 and 4:
1. How will you know when it is time to change?
2. What are some of the good things about changing?
3. What chances are you taking by not changing?

If your mark is between 5 and 7:
1. Why did you put the mark there and not at a 3 or a 9?
2. What are some good things about changing, what are some not so good things?
3. What are some people, or things that keep you from changing?

If your mark is between 8 and 10:
1. What is helping you change?
2. If there is one thing that's causing problems how can you change that one thing?
3. Who can lean on to help you as you keep changing?
4. If you are changing: Great WORK
Confidence Ruler

The more confident or sure we can be successful, the more likely we can make changes. Being confident we can change and then being successful are building blocks to more change and more success.

Use this ruler to figure out how confident you are that you will be able to make the change.

On a scale of 1-10, with 10 being very confident, how confident are you that you would succeed in changing your __________________________? (Write in what you want to change) Put a mark on the ruler where your confidence level is.

1  2  3  4  5  6  7  8  9       10

Not very            Somewhat               Very
Confident                   Confident
Confident

If your mark is between 1 and 6:
1. What can you do move the mark more towards the right—more confident?
2. What might be keeping you from being more confident?
3. Think about a change you made in the past. What was it and what helped make it successful?

Hint: If you are still stuck, try making a smaller change, one you are sure you can succeed with. Smaller changes are easier to make. It may be easier to start slowly, doing something every-other-day or even 3 times-a-week. Being successful with one change will help your confidence to make other changes.