

**Worksheet 7.3**  
**My Willingness to Change**

Problem: \_\_\_\_\_

**Importance**

1	2	3	4	5	6	7	8	9
Not at all important		Somewhat important		Fairly important		Very important		Extremely important

**Confidence**

1	2	3	4	5	6	7	8	9
Not at all confident		Somewhat confident		Fairly confident		Very confident		Extremely confident

**Readiness**

1	2	3	4	5	6	7	8	9
Not at all ready		Somewhat ready		Fairly ready		Very ready		Extremely ready