

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