

Am I Ready for Change?

Assessing Your Readiness for Healthy Change

Write down the healthy lifestyle (behavior) change you want to make. Then complete the following activities to help you identify your desire, reasons, need, and ability to change. All these components help determine your readiness for change.

List the healthy lifestyle change you want to make: _____

Activity 1 – Identify Priorities

List in order of importance your top life priorities, for example, work, family, health, social activity. Think about how your lifestyle change fits in with and impacts your life priorities.

1. _____
2. _____
3. _____
4. _____
5. _____

Activity 2 – Identify Motivation

List the reasons you want to make this healthy lifestyle change:

On a scale of 0 to 10, rate how important each reason is.
(0=not important at all; 10=extremely important)

- | | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |
| 6. _____ | _____ |

Activity 3 – Identify Confidence

On a scale of 0 to 10, rate your confidence level for making this change. (0=not confident at all; 10=extremely confident)

My rating is: _____

Don't worry if your rating is low. Taking small steps toward change will help increase your confidence.

Answer the following questions to help identify prior successes and challenges to help improve your confidence level.

1. Why are you at this level and not a lower one? *For example, you've had past success, have a good support team or strong motivation.*

2. What would help you improve your confidence level? *For example, do you need support, equipment or information?*

