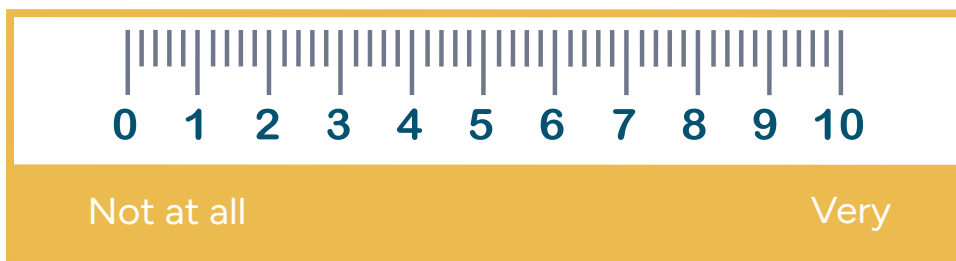


SCALING RULERS

Scaling ruler or rulers can rapidly assess how important, confident, and ready the person is to make a change. A score of 7 or higher predicts greater likelihood of success in meeting one's immediate goal.

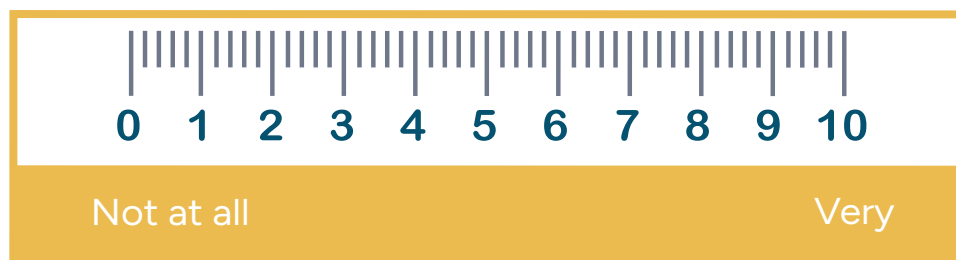
Importance

On a scale from 0-10, with 10 being very important.
How important to you is it to change your lifestyle?



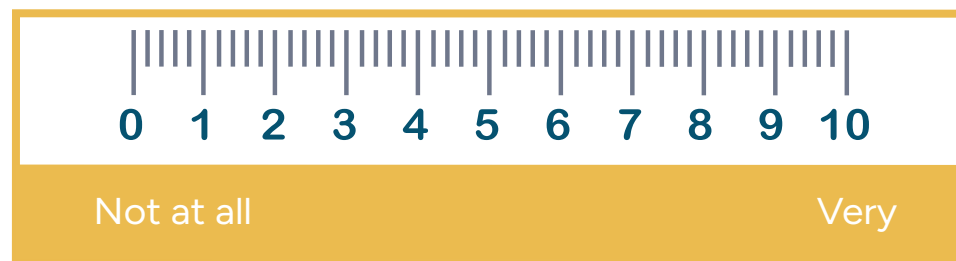
Confidence

On a scale from 0-10, with 10 being very confident.
How confident are you that you will succeed in changing your lifestyle?



Readiness

On a scale from 0-10, with 10 being very interested.
How interested are you in changing your lifestyle?



Please note that the rulers above are not typically used in the same conversation, but are most relevant to where the individual is in the change process: importance for exploring, readiness for planning, and confidence for confirming that a suggested plan is achievable and realistic.

