

# IMPORTANCE, CONFIDENCE & READINESS WORKSHEET



RESPECT • REFLECT • REBUILD • RECOVER

## Understanding Your Motivation for Change

Change can involve many different thoughts and feelings. You may recognize that something is important while not yet feeling ready to take action, or you may feel ready to change but lack confidence in your ability to do so.

This worksheet can help you reflect on where you are right now and identify what may help you move forward. There are no right or wrong answers.

### 1. IMPORTANCE

How important is making this change to you right now?

On a scale of 0–10:

0 = Not at all important

10 = Extremely important

MY NUMBER: \_\_\_\_\_

| LESS IMPORTANT |   |   | SOMEWHAT IMPORTANT |   |   |   | MORE IMPORTANT |   |    |
|----------------|---|---|--------------------|---|---|---|----------------|---|----|
| 1              | 2 | 3 | 4                  | 5 | 6 | 7 | 8              | 9 | 10 |

Why did I choose this number instead of a lower number?

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What makes this change important to me?

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What might happen if I do not make this change?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What could make this change feel even more important to me?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How does this change connect with the life I want to build?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. CONFIDENCE

How confident am I that I can make this change?

On a scale of 0–10:

0 = Not at all confident

10 = Extremely confident

MY NUMBER: \_\_\_\_\_

| LESS CONFIDENT |   |   | SOMEWHAT CONFIDENT |   |   |   | MORE CONFIDENT |   |    |
|----------------|---|---|--------------------|---|---|---|----------------|---|----|
| 1              | 2 | 3 | 4                  | 5 | 6 | 7 | 8              | 9 | 10 |

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Why did I choose this number instead of a lower number?

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What strengths, skills, or past successes give me confidence that I can make this change?

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What challenges or concerns affect my confidence?

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What support, resources, or information could help increase my confidence?

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What is one small step I feel confident I could take?

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3. READINESS

How ready am I to take action toward this change?

On a scale of 0–10:

0 = Not at all ready

10 = Extremely ready

MY NUMBER: \_\_\_\_\_

| LESS READY |   |   | SOMEWHAT READY |   |   |   | MORE READY |   |    |
|------------|---|---|----------------|---|---|---|------------|---|----|
| 1          | 2 | 3 | 4              | 5 | 6 | 7 | 8          | 9 | 10 |

Why did I choose this number instead of a lower number?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What would need to happen for me to feel more ready?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is currently getting in the way of taking action?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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What might help me move one point higher on the readiness scale?

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## 4. BRINGING IT ALL TOGETHER

Looking at your three scores together, what do they tell you about where you are at with making this change?

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Which of the three areas (importance, confidence, or readiness) is strongest for you right now? Why?

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What do you think is getting in the way of your confidence, importance, or readiness?

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After completing this exercise, what is one thing you understand better about your motivation for change?

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