

READINESS RULER

Date

I would like to make a change to the following area of my life:

.....

.....

IMPORTANCE

On a scale of 1 to 10, with 1 meaning “not important at all,” and 10 meaning “couldn’t be more important,” here’s how important making this change is to me:



READINESS

On a scale of 1 to 10, with 1 meaning “not ready at all,” and 10 meaning “couldn’t be more ready,” here’s how ready I am to start making this change:



CONFIDENCE

On a scale of 1 to 10, with 1 meaning “not confident at all,” and 10 meaning “couldn’t be more confident,” here’s how confident I am that I can make this change:



*To download go to www.masteringyourmind.today