

Assessing Importance

How do you feel at the moment about [the "change"]? How important is it to you personally to [make the changes necessary to achieve the "want"]? If 0 was "not at all important" and 10 was "very important" what number would you give yourself?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Not At All Important **Very Important**

Assessing Confidence:

If you decided right now to - [change], how confident do you feel about succeeding with this? If 0 stands for "not at all confident" and 10 stands for "very confident" what number would you give yourself?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Not At All Confident **Very Confident**