**Confidence Ruler**

1. If you decided *right now* to change [behavior], how confident would you be about succeeding?

On a scale from 0 to 10 (if 0 is not confident at all and 10 is very confident), what number would you give yourself?

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

1. Why are you at [#] and not 0?
2. What would have to happen for you to move up 2 points?

\*Source; *Rollnick, Mason, Butler, Health Behavior Change: A Guide for Practitioners*

**Importance Ruler**

1. How important is it right now for you to...?

On a scale from 0 to 10 (if 0 is not important at all and 10 is very important), what number would you give yourself?

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

1. Why are you at [#] and not 0?
2. What would have to happen for you to move up 2 points?

\*Source; Glovsky, Ellen, *Institute for Motivation and Change*, 2007