

Phase 2: Test your Readiness

The Readiness for Change Assessment Form - Instructions

(phone / take home / in person)

Print a copy of this (from E-mail attachment or use the printed copy provided).

The Readiness for Change Assessment (use the assessment form):

Research reveals that there are phases or stages of making a change. You need to know if you are *ready* for change. Once you are, achieving your change is most likely to succeed.

All of us have had the experience of having great intentions of breaking bad habits or starting and maintaining good habits. No matter how good our intentions are, parts of us are truly *not ready* to change, and those parts can sabotage our best intentions. Sometimes we are consciously aware of the *unready* parts are hidden in what is called the “unconscious.”

If you are not ready, you can use the Circle process to prepare for future change. Your responses are just for you and your use in the Circle of Life Process.

Now take the area of life you are considering focusing/working on in the next (few weeks and/or months) by scoring (1-5) for each of the 9 questions on the Readiness for Change Assessment. Please score each question then add up your scores to get a total.

Notes:

- If you have the **Participant Guidebook** turn to **Part 1 pgs 15-21**.
- Or use the Readiness for Change Assessment I have sent as an attachment answering the best you can.
- **On question 2: Please take out a sheet of paper, draw a line down the middle of the page and write “Pros” on one side and “Cons” on the other. Write out all possible pros and cons.**

We will discuss your score and what you learned from this assessment. If you scored 1-15, we do suggest you choose another area to focus on at this time. This assessment is not the ultimate determiner of your *readiness for change* - but it can help you to become aware of what aspects are ready for changes and what aspects of your life need support to prepare you to be ready to change.