

Sample Readiness Ruler

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-----|---|------------------------------|---|---|---|---|---|------|----|
| Low | | Importance of making changes | | | | | | High | |
| | | | | | | | | | |
| | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Low | | Self-confidence to make High | | | | | | | |
| | | changes | | | | | | | |

| Dimension | Initial Score | Reasons Not Lower | Reasons to be higher |
|------------|------------------|-------------------|----------------------|
| Importance | | | |
| Confidence | | | |

