

# Readiness to change

How ready do you feel to.....? (link with goals)

Not at all  
ready

100%  
ready



**Exploratory questions** (depending on where client gauges their readiness)

- Why level 1 and not zero? Why level 7 and not 5?
- What would help you move to level 4, 8, 10?
- How would it feel to be at level 7, 10?
- What could we do to get you to level 4, 6, 9?

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