

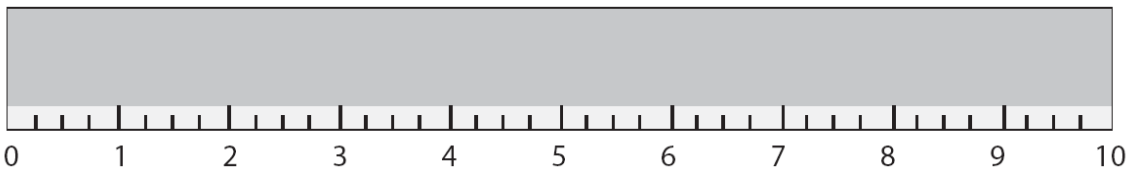
The Readiness Ruler

Making changes to your daily routine and adding new comfort activities that you are unfamiliar with can sometimes be difficult. Finding the motivation to make those changes depends on what is happening in our lives.

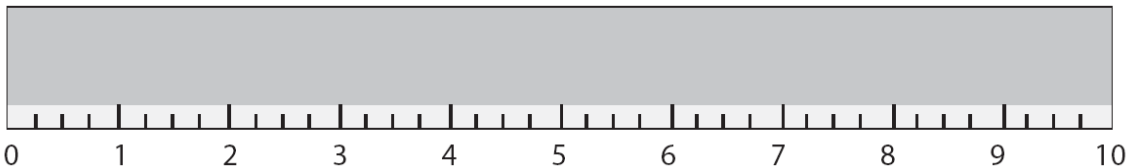
Use this exercise to help you think about why you may want or not want to add a new activity in your life. On each of the rulers below, circle the number (from 0 to 10) that best fits with how you are feeling right now.

1. What is the comfort activity are you thinking about? _____

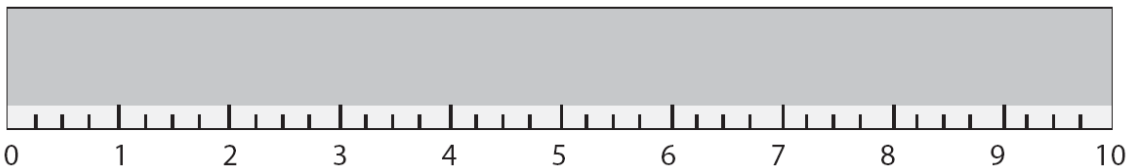
2. How important is it for you to you find comfort using this activity?



3. How confident are you to do this activity?



4. How realistic is it that you will do this activity?



Some questions to think about

- Why are you at your current score and not at zero?
- What would it take for you to move to a higher score?
- What would it take to make this change even more important to you?
- What support would you need to make a change, if you chose to do so?