

CHANGE MOTIVATION ASSESSMENT

1. How do I feel about changing my behaviour?

On the line below, mark with a cross where you think you are on the scale of one to ten:



2. What would help me move forward?

It might be something as simple as 'Keep attending Be SMART.' List your ideas here:

3. Importance vs. Confidence

To make a change, thinking that change is important is only the first step. You also need to feel confident that you can do it. On the line below, on a scale of one to ten, mark with a cross **how important** you think it is to change.



On the line below, on a scale of one to ten, mark with a cross **how confident** you feel about being able to change.

