

Importance/ Confidence

Importance:

On a scale from 0 to 10, where 0 is “not at all important” and 10 is “very important”, how important is it for you to ...?

0	1	2	3	4	5	6	7	8	9	10
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Confidence:

On a scale from 0 to 10, where 0 is “not at all confident” and 10 is “very confident”, how confident are you that you *could* make these changes if you decided to?

Values Clarification

Motivation for change can be enhanced by linking behaviors to your values and goals. This can give you additional inspiration for making changes. Take a minute to look over these values and pick a few that are important to you.

Good parent	Health	Energetic
Good spouse/partner	Positive	Considerate
Good community member	Caring	Youthful
Strong	Relaxed	Independent
On top of things	Attractive	Family
Competent	Disciplined	Giving
Spiritual	Responsible	Self confident
Respected at home	In control	Not hypocritical
Good religious person	Respected at work	Popular
Successful	Athletic	