

Goal Statement

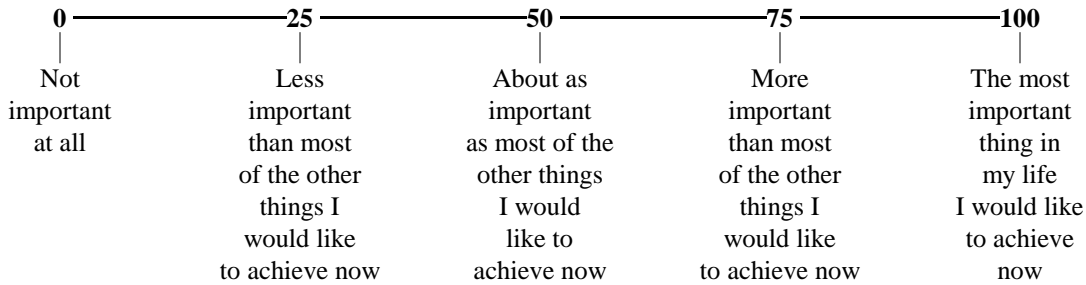
Part 1

Importance and Confidence of Changing: How Ready Are You?

The behavior I would like to work on changing is: _____

People usually have several things that they would like to change in their lives. **In terms of what you have chosen to work on changing please answer the following questions.**

- **At this moment, how important is it that you achieve your goal?** Use the following scale to indicate your importance rating.

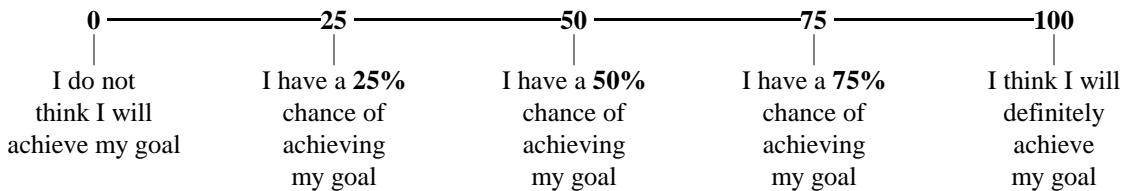


The importance of my goal is _____ %

Now ask yourself the following questions

1. Is my goal important enough that I will work to achieve it even if progress is slow or difficult? ___ **Yes** ___ **No**; if no, indicate why: _____
2. Are there **competing priorities** that could interfere with achieving your goal? ___ **No** ___ **Yes**; if yes, what are they: _____

- **At this moment, how confident are you that you can achieve your goal?** Use the following scale to indicate your confidence rating.



I am _____ % confident that I will achieve my goal

Now ask yourself the following questions

1. Considering everything, is your confidence rating realistic? ___ **Yes** ___ **No**; if no, indicate why: _____
2. Are there any obstacles you might encounter to achieve your goal? ___ **No** ___ **Yes**; if yes, what are they: _____

Continue on the next page

Part 2
Where Does Your Goal Fit In And How Ready Are You To Change?

- Below are four different combinations of importance and confidence goal ratings.
 - Look at your ratings and check **which one of the four combinations best describes how ready you are to change.**
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1. _____ **Low Importance, Low Confidence:** Such individuals usually do not see change as important nor believe they can succeed in making changes if they tried. Such individuals do not appear very ready to change at the present time.

If you are in this category, ask yourself what it would take to get you to commit to changing?
2. _____ **Low Importance, High Confidence:** Such individuals typically are confident they can change if they thought it were important, but are not sure that they want to change at the present time.

If you are in this category, ask yourself what would it take to tip the scale in favor of your deciding to change?
3. _____ **High Importance, Low Confidence:** Here the problem is not a willingness to change because such individuals are expressing a desire to change. Instead, the problem is that such individuals typically do not have confidence they could succeed if they tried.

If you are in this category, ask yourself (a) why you feel you cannot succeed at changing; (b) what is interfering with your confidence to change? and (c) are there things you can do to increase your confidence?
4. _____ **High Importance, High Confidence:** Such individuals not only feel that it is important to change, but also believe they can succeed, and appear very ready to change.

If you are in this category then it appears you are at a good stage in the change process.