

This “Readiness Ruler” is included to show you another example of the way you could use “SCALING” to help your Life Coaching Clients determine where they are in the change process. As a beginning Life Coach, you can work together with your Client to fill this out. Once you have some experience, you can work from you memory.

Readiness Ruler

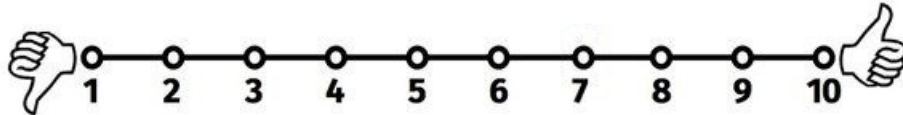
Client:	Version:	Date:
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Readiness Ruler Worksheet

I would like to make changes to the following area of my life:

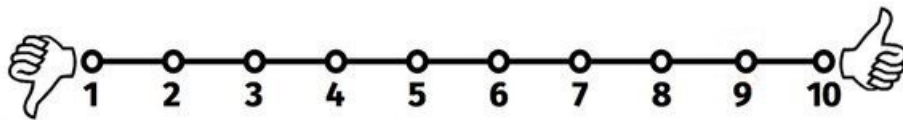
Importance

On a scale of 1 to 10, with 1 meaning “not important at all”, and 10 meaning “couldn’t be more important,” here’s how important making these changes are to me:



Readiness

On a scale of 1 to 10, with 1 meaning “not ready at all”, and 10 meaning “couldn’t be more ready,” here’s how ready I am to start making these changes:



Confidence

On a scale of 1 to 10, with 1 meaning “not confident at all”, and 10 meaning “couldn’t be more confident” here’s how confident I am that I can make these changes:

