

**Readiness Ruler**  
*Importance*

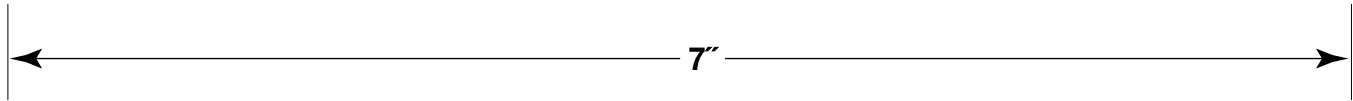
How **important** is this change to you right now?

0 1 2 3 4 5 6 7 8 9 10

*Not* *Somewhat* *Very*

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**Readiness Ruler**  
*Confidence*

How **confident** are you about making this change?

0 1 2 3 4 5 6 7 8 9 10

*Not* *Somewhat* *Very*

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