

## Before the Exercise

As of right now, how important is this issue for you... for you, how important is it for you to resolve the issue and/or achieve your goal:



As of right now, how confident are you that you will get a handle on this issue and achieve that ideal goal that you have in your head:



As of right now, where would you assess yourself in terms of commitment and taking real, actual, practical steps towards resolving this issue:



## After the Exercise

As of right now, how important is this issue for you... for you, how important is it for you to resolve the issue and/or achieve your goal:



As of right now, how confident are you that you will get a handle on this issue and achieve that ideal goal that you have in your head:



As of right now, where would you assess yourself in terms of commitment and taking real, actual, practical steps towards resolving this issue:



## NOTES

Comments, interactions, exchanges, etc., that made the issue become more important to you OR tipped you more to thinking about making your change:

Comments, interactions, exchanges, etc., that increased your sense of feeling resistant, stuck, or ambivalent with this issue:

What would you identify as some of the key moments for you in this conversation: