

Importance & Confidence Ruler

IMPORTANCE SCALE:

How important is it for you right now to...? On a scale from 0 - 10... what number would you give yourself?

0 _____ 10

CONFIDENCE SCALE:

If you did decide to change, how confident are you that you would succeed? On a scale from 0 -10... what number would you give yourself?

0 _____ 10

Importance & Confidence Ruler Follow-Up Questions

IMPORTANCE SCALE:

“An eight? Explain to me why you are an eight and not a seven.”

CONFIDENCE SCALE:

“You are at a six? What would it take for you to move from a six to a seven?”