

Let's Talk about Change

Lots of times we make resolutions to change something about ourselves but don't stick with it. How successful we are at making a change depends on how important the change is to us, how confident we are in our ability to make the change, and how ready we are to act.

What change are you considering? _____

Circle the number (from 0 to 10) on each scale that best fits with how you're feeling right now about changing.

How important is it for you to make this change?



How confident are you in your ability to make this change?



How ready are you to make this change?



Let's Talk about Change – Instructions for Facilitator

The scales are really just a tool to start a conversation. Depending on how the young person scored the various scales, you might use some of the following questions to initiate the conversation.

Why are you at your current score and not at zero?

What would it take for you to have a higher score?

How will you know when it's time to think more about making this change?

What has stopped you from making this change before?

What do you need in order to be ready to make this change?

What helped you make other changes in your life?

When will you **be ready** to make this change?

What little steps could you take to start the process of change?

