Readiness for Change

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Lasting change begins with knowing where you stand today. There are no right or wrong answers here, only a starting point. Your Coach will use this to meet you where you are.

Name _____

Date _____

Program ☐ Tailored Training ☐ Compass Coaching ☐ Both

The change I most want to make

_____

_____

Where You Are Now

Question	Yes	No
Is there a specific habit or behavior you want to change?	☐	☐
Are you willing to make this change a top priority right now?	☐	☐
Have you tried to make this change before?	☐	☐
Do you believe there are risks to your health or wellbeing if this doesn't change?	☐	☐
Are you committed to this change, even when it feels challenging?	☐	☐
Do you have support from friends, family or loved ones?	☐	☐
Beyond health, do you have other reasons for wanting this change?	☐	☐
Are you prepared to be patient with yourself through obstacles and setbacks?	☐	☐

A Little Deeper

How important is this change to you right now? (1 = not very, 10 = essential)

_____

How confident are you that you can make it? (1 = not yet, 10 = completely)

_____

If you've tried before, what helped, and what got in the way?

What might make this hard over the next few months?

Who or what will support you along the way?

For Your Coach

Stage of change

☐ Precontemplation ☐ Contemplation ☐ Preparation ☐ Action ☐ Maintenance

Notes

Each "No" is not a barrier; it is a place to start the conversation. Revisit this form every 3 months to see how readiness has shifted.