Goal Statement

Part 1
Importance and Confidence of Changing: How Ready Are You?

The behavior I would like to work on changing is: _____________________________

People usually have several things that they would like to change in their lives. In terms of what you have chosen to work on changing please answer the following questions.

- **At this moment, how important is it that you achieve your goal?** Use the following scale to indicate your importance rating.

<table>
<thead>
<tr>
<th>0</th>
<th>25</th>
<th>50</th>
<th>75</th>
<th>100</th>
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</table>
| Not important at all | Less important than most of the other things I would like to achieve now | About as important as most of the other things I would like to achieve now | More important than most of the other things I would like to achieve now | The most important thing in my life

The importance of my goal is _______%

Now ask yourself the following questions
1. Is my goal important enough that I will work to achieve it even if progress is slow or difficult? ___ Yes ___ No; if no, indicate why: _______________________________________________________________

2. Are there competing priorities that could interfere with achieving your goal? ___ No ___ Yes; if yes, what are they: __________________________________________________________________________

- **At this moment, how confident are you that you can achieve your goal?** Use the following scale to indicate your confidence rating.

<table>
<thead>
<tr>
<th>0</th>
<th>25</th>
<th>50</th>
<th>75</th>
<th>100</th>
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</table>
| I do not think I will achieve my goal | I have a 25% chance of achieving my goal | I have a 50% chance of achieving my goal | I have a 75% chance of achieving my goal | I think I will definitely achieve my goal

I am _______% confident that I will achieve my goal

Now ask yourself the following questions
1. Considering everything, is your confidence rating realistic? ___ Yes ___ No; if no, indicate why: ________________________________________________________________________

2. Are they any obstacles you might encounter to achieve your goal? ___ No ___ Yes; if yes, what are they: __________________________________________________________________________

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Part 2
Where Does Your Goal Fit In And How Ready Are You To Change?

- Below are four different combinations of importance and confidence goal ratings.

- Look at your ratings and check which one of the four combinations best describes how ready you are to change.

1. ________ Low Importance, Low Confidence: Such individuals usually do not see change as important nor believe they can succeed in making changes if they tried. Such individuals do not appear very ready to change at the present time.

   **If you are in this category, ask yourself** what it would take to get you to commit to changing?

2. ________ Low Importance, High Confidence: Such individuals typically are confident they can change if they thought it were important, but are not sure that they want to change at the present time.

   **If you are in this category, ask yourself** what would it take to tip the scale in favor of your deciding to change?

3. ________ High Importance, Low Confidence: Here the problem is not a willingness to change because such individuals are expressing a desire to change. Instead, the problem is that such individuals typically do not have confidence they could succeed if they tried.

   **If you are in this category, ask yourself** (a) why you feel you cannot succeed at changing; (b) what is interfering with your confidence to change? and (c) are there things you can do to increase your confidence?

4. ________ High Importance, High Confidence: Such individuals not only feel that it is important to change, but also believe they can succeed, and appear very ready to change.

   **If you are in this category** then it appears you are at a good stage in the change process.