

# Readiness for Lifestyle Change

Michael Arloski, Ph.D.

## Working With The Readiness for Lifestyle Change© (short version)

Use this Tool after you have created your Well Life Vision and have decided the areas of your life you want to focus on. Explore each statement and rate how true each statement is for you at this time in your life and then talk about them with your coach. Once you rate yourself for each statement add your numbers together to gain your total Readiness score.

Please respond to each question answering:

1= Not True 2 = Rarely True 3 = True at Times 4 = Mostly True 5 = Very True

1. I am ready to make the changes needed in this area of my life.

1                      2                      3                      4                      5

2. I am capable of making the changes needed in this area of my life.

1                      2                      3                      4                      5

3. I believe making these changes will improve my life.

1                      2                      3                      4                      5

4. I have the resources and opportunities that will make this change possible.

1                      2                      3                      4                      5

5. My environment supports me in making the changes in this area of my life.

1                      2                      3                      4                      5

Please total your score for this section \_\_\_\_\_

Readiness - What does your score mean?

20-25 pts.      High level of Readiness - *Congratulate yourself – you are ready to make the changes you have selected!*

15-20 pts.      Moderate level of Readiness - *What would help you be more ready to make the changes you have selected?*

10-15 pts.      Low level of Readiness - *Explore your answers with your coach – what is holding you back?*

Below 10 pts.      Very low level of Readiness - *Explore your answers with your coach – consider choosing another focus area*

*Based on research of Prochaska and Albert Bandura*