

Scaling Readiness and Moving Along

Use The Same Worksheet For Planning and Doing!

Scaling Questions

Use the scale to mark where you currently are, and any notes about what it would look like to move forward.

- On a scale of 1 to 10, with ten representing the best it can be and 1 the worse, where would you say you are today?
- Where would you say you were a day or two ago? What was happening in your life when it was higher?
- When you have gone down, how did you stop yourself from going further down?
- What would be a realistic movement up the scale during this period of time?
- How would you know if you moved up on the scale?
- What would need to happen for you to move up?
- What skills do you have to start making that happen?
- What have you learned from previous experiences to make that happen?

Micromovements To Achieving Goals

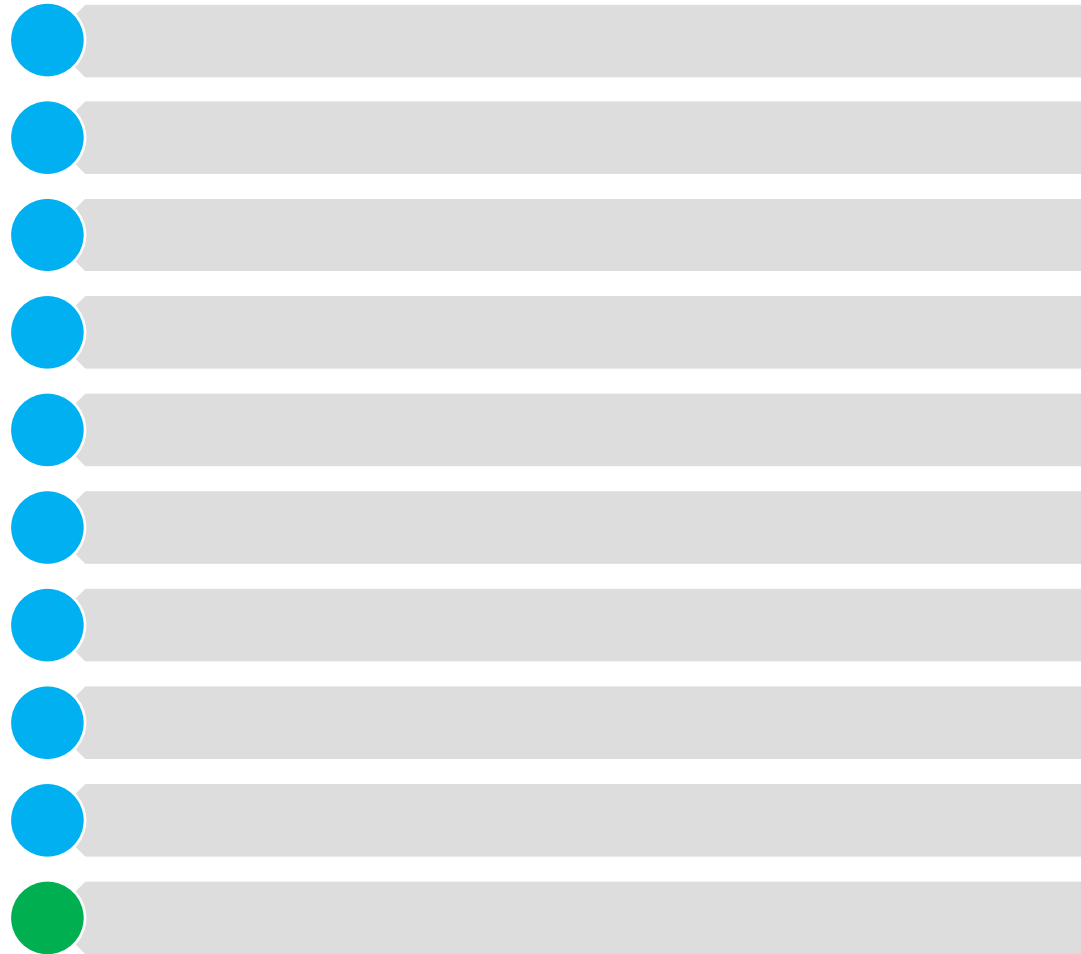
- What is my first step in achieving my goal?
- What am I willing to attend to first?
- What am I willing to notice about what is going well?
- What experiments am I willing to try?

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Ten Steps



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