

Assessing Importance

Today, how important is it to _____?

1	2	3	4	5	6	7	8	9	10
Not as important as other things I want to achieve				Equally important as other things I want to achieve				The most important thing I want to achieve	

What is needed to move your score up 1 point on this scale? _____

If you were to make this change, what would it be like? _____
