



Exiting Planning the Right Way
HOW READY FOR A CHANGE ARE YOU?
Personal Readiness Quiz

Here is a mini quiz to check yourself to see how ready for change you may be. Respond to these ten true/false statements as they apply to you.

1. I will change when other people change. (T or F?)
2. People don't usually understand just how difficult my life has become. (T or F?)
3. I'm working hard to make my life better. (T or F?)
4. I'm not perfect, but I don't see a need to change myself. (T or F?)
5. I feel ready to make changes in my life. (T or F?)
6. When I think about making changes, something always gets in the way. (T or F?)
7. I believe I can accomplish what I set out to do. (T or F?)
8. I must admit that what happens in life is largely the result of luck or fate. (T or F?)
9. When things don't go right, I am willing to try and try again. (T or F?)
10. I would like to change, but I need help getting started. (T or F?)

This is a self-sorting measure, so there isn't a database of responses to check yourself against. It is intended to give you some insight into your general readiness to change as shown by "true" responses on items 3,5,7,9 and 10, and "false" responses on items 1,2,4, 6 and 8.

If your responses suggest some reluctance to be a change agent in your own life, you may want to talk with someone about the barriers that may stand in the way of changing your life for the better (counselor or psychologist). If you answered true to #10, you may be ready for change but lack confidence in yourself. Working with someone can help you develop and implement actions you need to make desired changes in your life.

Keep in mind that no one can change you. Only you can change yourself. That said, it may be helpful to find someone to help guide you through change process.

Adapted from the work of Jeffrey Nevid, Ph.D., a practicing psychologist in New York