



SMART Tool

THE IMPORTANCE VS. CONFIDENCE SCALE WORKSHEET

1**How do I feel about changing my behaviour?**

On the line below, mark with a cross where you think you are on the scale of one to ten:

1	2	3	4	5	6	7	8	9	10
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2**What would help you move forward?**

It might be something as simple as “Keep attending SMART”. List your ideas here:

3**Importance vs. Confidence**

On a scale of zero to 10, mark how important it is to you to make this change (where 0 = not important at all and 10 = extremely important):

1	2	3	4	5	6	7	8	9	10
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On a scale of zero to 10, mark how confident you feel that you can make this change (where 0 = not confident at all and 10 = extremely confident):

1	2	3	4	5	6	7	8	9	10
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