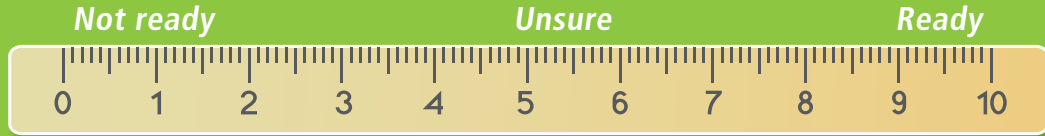


# LiVeWell Readiness Ruler

*How ready are  
you to make  
a change?*





# P A T I E N T R E A D I N E S S

**1-2**

*Can I give you more information about how this may be affecting other aspects of your health?*

**3-4**

*What might help you feel more ready to get started?*

**5-6**

*Let's make a plan for where to start. What's one thing you think you could do now?*

**7-8**

*It's great that you're working so hard at this. What are you doing to make it work for you?*

**9-10**

*Most people get off track sometimes. What will you do to get back on track?*

*Possible  
Provider  
Dialogue*