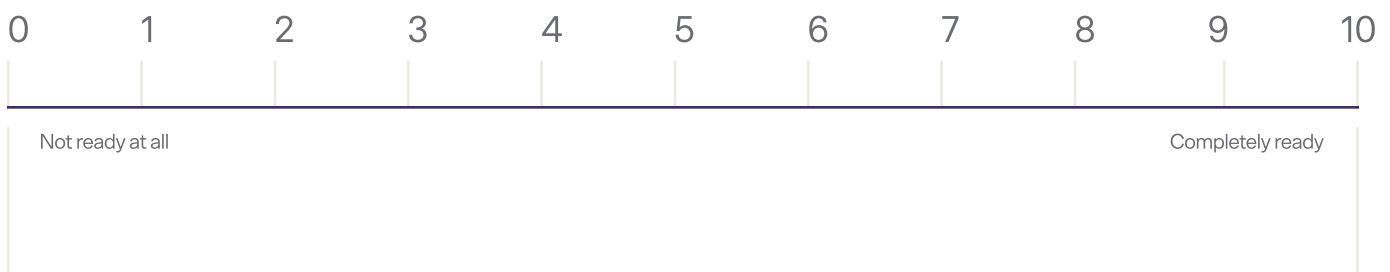




Confidence ruler

Change takes time- and only you know when it feels right to take the next step. This ruler is a tool to help you reflect on how ready, willing, and able you feel to make a change today. There are no right or wrong answers. Wherever you are is exactly where we'll start.

Readiness Ruler



Willingness Ruler



Ability Ruler

