

Levels of Motivation

What behavior are you considering changing?

Read through the 10 Levels and find the circle which most accurately describes your present level of Motivation.

Level 10 - I am changing.	YES!
Level 9 - I will change.	Determination
Level 8 - I want to change.	Ambition
Level 7 - I will try to change.	Willingness
Level 6 - I think I can change.	Faith in ability
Level 5 - I wish I could change.	Desire
Level 4 - I might change.	Possibility
Level 3 - I do not think I can change.	No confidence
Level 2 - I do not want to change.	No desire
Level 1 - I will not change.	NO !

Interpretation

- If your level is 1, 2 or 3, your Motivation is too low. You need a big boost in Motivation, or you probably need to find another behavior to change.
- If your level is 4, 5 or 6, your Motivation level is average. At this point, an increase in skills and support will enhance your chances of success.
- If your level is 7, 8 or 9, you have the level of Motivation necessary for successful behavior change.

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