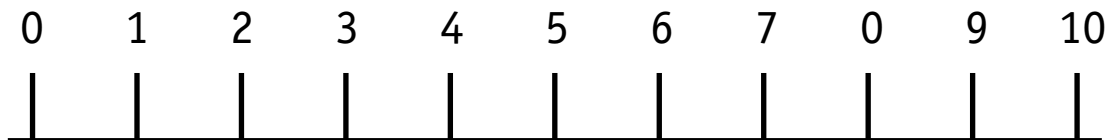


READINESS RULER

Below, mark where you are now on this line that measures your change in _____.

Are you not prepared to change, already changing or somewhere in the middle?



Not prepared
to change

Already
changing