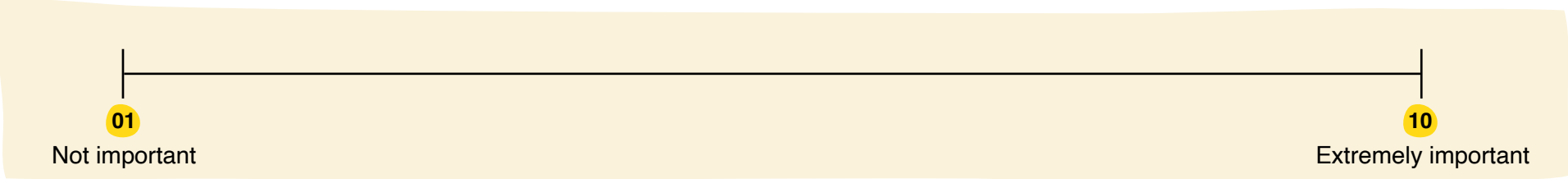


Client name: _____

Target behaviour change: _____

Importance given to a potential change

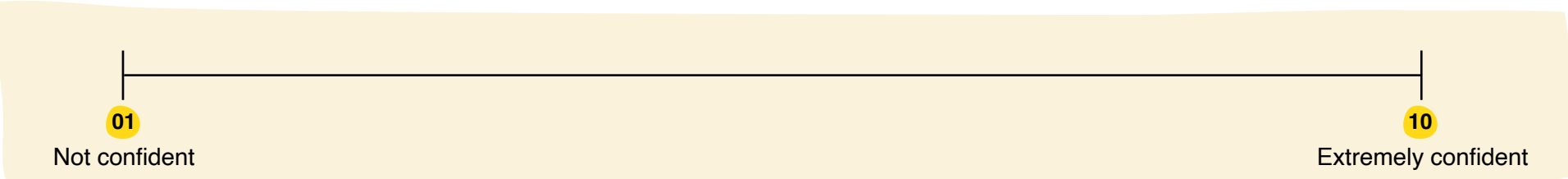
On a scale of 1 to 10, where 1 would be «Not important» and 10 would be «Very important», how would you rate the importance you give to: _____



• How do you explain that you're at _____ and not at _____ (At least two degrees lower)?

Confidence in your ability to change

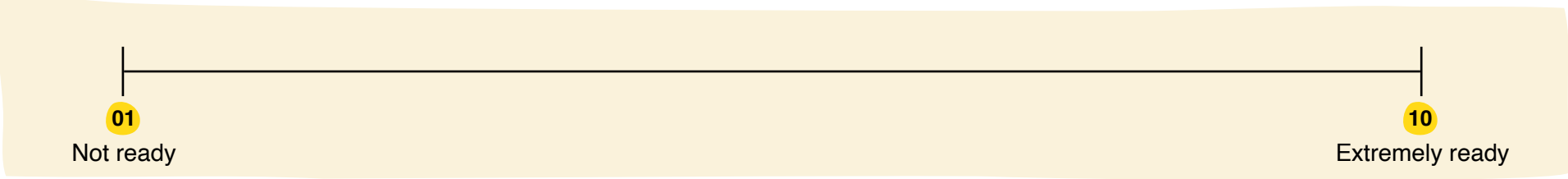
On a scale of 1 to 10, where 1 would be «I am sure I cannot» and 10 «I am sure I can», where would you place your confidence in your ability to change if you decided to? _____



• How do you explain that you're at _____ and not at _____ (At least two degrees lower)?
• What would it take to increase to (one degree higher)? _____

Change priority (the right timing)

On a scale of 1 to 10, where 1 would be «This is not a good time at all» and 10 would be «This is a very good time», to what extent are you ready to change your consumption habits now (considering everything happening around you)?



• How do you explain that you're at _____ and not at _____ (At least two degrees lower)?
• What would it take to increase to (one degree higher)? _____

IMPORTANCE of making the change

Worst and best scenario

Provide information

Objectives and values

CONFIDENCE in making the change

Previous successes

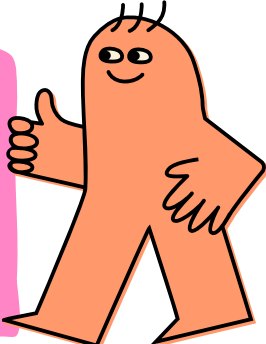
Internal strengths/ social network

Housekeeping

Hypothetical change

PRIORITY of making the change

Organize the different preliminary steps



Examples of strengths/skills

(Peterson et Seligman, 2004)

Perseverant: Able to continue despite difficulties.

Adaptable: Knows how to easily adjust to new situations.

Resilient: Bounces back after hardships.

Empathetic: Understands and shares the feelings of others.

Assertive: Expresses needs and opinions in a respectful manner.

Organized: Efficiently plans and structures activities.

Creative: Finds original solutions to problems.

Autonomous: Capable of acting and thinking for oneself.

Collaborative: Works well in a team.

Optimistic: Sees the positive side of situations.

Flexible: Easily adapts to changes.

Analytical: Examines situations in detail to understand them.

Communicative: Expresses clearly and listens attentively.

Responsible: Takes ownership of actions and their consequences.

Proactive: Acts by anticipating rather than reacting.

Benevolent: Shows kindness and consideration.

Confident: Believes in one's abilities.

Curious: Eager to learn and discover.

Determined: Pursues goals with firmness.

Reliable: Keeps promises and commitments.

Integrous: Acts according to values and principles.

Patient: Knows how to wait without getting upset.

Reflective: Thinks deeply before acting.

Courageous: Faces fears and challenges.

Ingenious: Finds creative solutions to problems.

Attentive: Pays great attention to details and to others.

Motivated: Finds the energy to achieve goals.

Respectful: Treats others with consideration.

Positive: Maintains a constructive attitude toward situations.

Open-minded: Welcomes new ideas and perspectives.

Conscientious: Does things with care and attention.

Self-disciplined: Controls impulses and stays focused.

Humble: Recognizes limitations and learns from mistakes.

Loyal: Remains faithful to commitments and relationships.

Enthusiastic: Shows energy and excitement for activities.

Diplomatic: Handles delicate situations with tact.

Innovative: Brings new ideas and approaches.

