

Readiness Screener

30 Days of Creating More of What You Want

Tara Rose, PhD

Purpose: This brief screener is designed to help you reflect on whether a gentle, micro-habit approach feels supportive for you *right now*. It is not an evaluation or diagnostic tool.

Instructions: Please rate each statement based on your experience over the past 2–3 weeks.

Scale: 1 = Strongly disagree 2 = Disagree 3 = Neutral / varies 4 = Agree 5 = Strongly agree

| | Section 1: Current Capacity & Energy | Your Answer |
|---|--|--------------------|
| 1 | I have at least a small amount of energy available for personal well-being. | |
| 2 | I feel emotionally overloaded most days. <i>(reverse scored)</i> | |
| 3 | Even on difficult days, I can imagine making one small supportive change. | |
| 4 | My current stress level feels manageable enough to try something new. | |
| 5 | I feel physically depleted. <i>(reverse scored)</i> | |
| Section 2: Relationship to Behavior Change | | |
| 6 | I am open to starting very small, even if it feels “too easy.” | |
| 7 | I tend to abandon habits if I miss a day. <i>(reverse scored)</i> | |
| 8 | I am willing to experiment rather than aim for perfection. | |
| 9 | I feel frustrated by all-or-nothing approaches to self-care. | |
| 10 | I trust myself to adjust habits based on what I need. | |
| Section 3: Autonomy & Motivation | | |
| 11 | I want to make changes because they would support <i>me</i> , not because I “should.” | |
| 12 | I feel clear about at least one area where I want more support (e.g., energy, rest, boundaries). | |
| 13 | I am comfortable choosing habits that may look different from others’. | |
| 14 | I feel permission to prioritize sustainability over intensity. | |
| 15 | I am motivated by feeling better, not by tracking or metrics. | |
| Section 4: Self-Compassion & Flexibility | | |
| 16 | I can respond to missed days or setbacks without harsh self-criticism. | |
| 17 | I tend to push through exhaustion rather than pause. <i>(reverse scored)</i> | |
| 18 | I believe small actions can still matter. | |
| 19 | I can allow this process to change as my circumstances change. | |
| 20 | I feel deserving of care even when I am not “at my best.” | |

Part of the 30 Days of Creating More of What You Want:
An Evidence-Informed Micro-Habit Program for Health and Well-Being
Tara Rose, Ph.D.

www.TaraRosePhD.com

213-440-1001

tararoseusc@gmail.com

Readiness Screener

30 Days of Creating More of What You Want

Page 2

| | |
|--|--|
| Section 5: Timing & Context | |
| Answer briefly in your own words: | |
| What feels most depleted in your life right now? | |
| | |
| What would you like to feel more of over the next month? | |
| | |
| What has made past attempts at self-care difficult to sustain? | |
| | |
| What would make this program feel supportive rather than burdensome? | |
| | |
| | |
| Optional Reflection | |
| On a scale from 1–10, how ready do you feel to try a <i>very gentle</i> habit-building approach right now? | |

Interpretation Guide (For you and Coach): This is not meant to exclude people, it's meant to guide pacing and expectations

Mostly 4s–5s: Strong readiness for the standard 30-day program.

Mix of 3s–4s: Appropriate with clear permission to go slowly and keep habits extremely small.

Many 1s–2s or high agreement with item 6: Consider beginning with intention-setting, reflection, or capacity-building rather than habit implementation.

Readiness rating $\leq 4/10$: Program may still be beneficial, but only with explicit emphasis on rest, flexibility, and non-completion as acceptable outcomes.

Note: This program is not a substitute for medical or mental health care. If you are experiencing significant distress or burnout, additional support may be appropriate. Choosing stabilization or rest is a valid and responsible decision.

Part of the 30 Days of Creating More of What You Want:
An Evidence-Informed Micro-Habit Program for Health and Well-Being
Tara Rose, Ph.D.

www.TaraRosePhD.com

213-440-1001

tararoseusc@gmail.com