

Readiness Quick Screener (10 Items)

30 Days of Creating More of What You Want – Healthcare Professionals

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

	Readiness Questions	Your Answer
1	I have enough emotional or physical capacity to try one very small supportive habit.	
2	Even on difficult days, I can imagine doing something that takes 1–2 minutes.	
3	I am open to starting smaller than what I think I “should” do.	
4	I want to make changes because they would support me—not because I feel pressured.	
5	I am willing to approach habit-building as an experiment rather than a test.	
6	I tend to be hard on myself when I miss a day. (<i>reverse scored</i>)	
7	I believe small actions can still make a meaningful difference.	
8	I feel permission to prioritize sustainability over intensity.	
9	I can adjust or pause habits without interpreting it as failure.	
10	At this point in my life, gentleness feels more helpful than pushing.	

Optional Readiness Rating	Your Answer
On a scale from 1–10, how ready do you feel to try a gentle, micro-habit approach right now?	

Interpretation Guide (For Coach and Client):

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**

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