

# Printable Version

## Quick Reference For Gauging and Boosting Client Readiness for Change

### CLIENT MOTIVATION MINI-CHECKLIST

A QUICK REFERENCE FOR GAUGING AND BOOSTING  
CLIENT READINESS FOR CHANGE.

#### IDENTIFY CURRENT MOTIVATION LEVEL

- ☐ ASK: "WHAT'S MOTIVATING YOU MOST RIGHT NOW?"
- ☐ RATE READINESS ON A SCALE OF 1-10.
- ☐ NOTE KEY MOTIVATORS (FAMILY, HEALTH, WORK, PERSONAL GOALS).

#### SPOT BARRIERS

- ☐ ASK: "WHAT COULD GET IN THE WAY?"
- ☐ IDENTIFY EMOTIONAL, PRACTICAL, OR ENVIRONMENTAL OBSTACLES.

#### REAFFIRM STRENGTHS

- ☐ HIGHLIGHT PAST SUCCESSES.
- ☐ POINT OUT EXISTING SKILLS AND COPING STRATEGIES.

#### CONNECT GOALS TO VALUES

- ☐ LINK SHORT-TERM ACTIONS TO LONG-TERM LIFE VALUES.
- ☐ ASK: "HOW DOES THIS ALIGN WITH WHAT MATTERS MOST TO YOU?"

#### END WITH A SMALL ACTION STEP

- ☐ CHOOSE ONE SIMPLE, ACHIEVABLE ACTION BEFORE THE NEXT SESSION.
- ☐ SET A REMINDER OR SUPPORT SYSTEM TO FOLLOW THROUGH.

REVISIT THIS CHECKLIST EACH SESSION TO TRACK CHANGES IN MOTIVATION.

**underrated**  
**Superhero**

© 2025 The Underrated Superhero LLC. All rights reserved. This infographic is for educational purposes only. It is not intended as a substitute for professional advice. V1.0

Use this streamlined checklist to quickly gauge client motivation, uncover barriers, and spark momentum—while reinforcing strengths, aligning goals to values, and guiding the next actionable step.