

# Are you ready?

## How willing are you to do the following:

5 = Extremely willing

0 = Not willing at all

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|  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| Significantly modify your diet if needed         | 5 | 4 | 3 | 2 | 1 | 0 |
| Take nutritional supplements each day, if needed | 5 | 4 | 3 | 2 | 1 | 0 |
| Journal what you eat and how you feel each day   | 5 | 4 | 3 | 2 | 1 | 0 |
| Modify your lifestyle - e.g., work demands       | 5 | 4 | 3 | 2 | 1 | 0 |
| Improve your sleep habits                        | 5 | 4 | 3 | 2 | 1 | 0 |
| Practice a relaxation technique                  | 5 | 4 | 3 | 2 | 1 | 0 |
| Engage in regular exercise                       | 5 | 4 | 3 | 2 | 1 | 0 |
| Recognise toxic relationships                    | 5 | 4 | 3 | 2 | 1 | 0 |

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Total Score = 

### 1. Mostly 0-3:

You might need to work on your willingness to heal yourself. It's important to build your inner strength and commitment to your journey. Take some time to reflect on your current state and come back when you feel more ready to engage with the process.

### 2. Mostly 3's and 4's:

You're on the right path but may need a little more focus. Consider selecting a challenge that resonates with you and start small. This will help you build momentum and confidence as you work towards your goals.

### 3. Mostly 4's and 5's:

You're almost ready, but a quick challenge might help you solidify your commitment. Engage in a motivating activity or task that pushes you just a bit further. This will ensure you're fully prepared for the reset ahead.

### 4. All 5's:

Congratulations! You are ready to reset and begin your journey of healing and growth. Your readiness indicates a strong commitment, and you are well-prepared to move forward. Embrace the process with confidence.