

Ready, Willing and Able Worksheet

NAME

DATE

PROPOSED TASK

How ready are you to do this task?

NOT AT ALL 1 2 3 4 5 6 7 8 9 10 LET'S GO NOW!

What might make you more ready to do the task?

How willing are you to do this task?

NOT WILLING AT ALL 1 2 3 4 5 6 7 8 9 10 DYING TO DO IT

What might make you more willing to do the task?

How able are you to do this task?

CAN'T DO IT AT ALL 1 2 3 4 5 6 7 8 9 10 100% CONFIDENT I CAN DO IT

What might make you more able to do the task?

Revised task

REVISED TASK

Revised task score

Ready

Willing

Able