

# 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