Importance and Confidence Ladders

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A person values movement but doubts they can start.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Separate how important a change feels from confidence about one step.

3. What makes the two ratings different?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.