

Print and Self-Score

Career Transition Readiness Survey

1= Disagree 10 = Agree

1. A career change is inevitable. I can readily list one or more critical factors that prevent me from remaining in my current situation.

Score: 1 2 3 4 5 6 7 8 9 10

2. I am ready to do the career transition work necessary on a daily basis over a period of weeks or months.

Score: 1 2 3 4 5 6 7 8 9 10

3. I understand that change and career transition success require an investment at many levels and am willing to invest that which is necessary.

Score: 1 2 3 4 5 6 7 8 9 10

4. I am willing to do the difficult, try new things and repeatedly stretch outside of my comfort zone.

Score: 1 2 3 4 5 6 7 8 9 10

5. I understand there may be part of me that others see more clearly than I am able. I am willing to solicit and honor feedback from others and not move past it until a decision has been made regarding what I should do about it.

Score: 1 2 3 4 5 6 7 8 9 10

6. I know the obstacles, habits and self-defeating behaviors I must overcome and am making efforts to overcome them.

Score: 1 2 3 4 5 6 7 8 9 10

7. I understand that I must move from thinking to action and am willing to monitor the types and number of actions I am taking.

Score: 1 2 3 4 5 6 7 8 9 10

8. I am willing to collaborate with a "trusted other" throughout the entire change process connecting with them on a weekly basis.

Score: 1 2 3 4 5 6 7 8 9 10

9. I am spending more time and energy focusing on my goals than on my fears.

Score: 1 2 3 4 5 6 7 8 9 10

10. I am emotionally ready and confident I will present the best version of myself at an employment interview.

Score: 1 2 3 4 5 6 7 8 9 10

Total Score: _____ **Date:** _____

Scores in these ranges typically indicate the following levels of job transition readiness:

- **60 Points or Less** – It may be advisable to wait for a time when you score higher on the survey before beginning your job search. With this scoring level, a failure to find your next job may lead you to a false conclusion that you are not marketable, and not perhaps the truth, a less than optimal effort resulted in minimal results. You will want to read Tip 1 to help you see possibilities.
- **60 – 80 Points** – If you scored in this range, it might be time to begin your job search. If you do so, understand that less effort often leads to a longer search. What could have been accomplished in weeks may take months as your total and best effort is spread out over time. You will want to begin working through Tips 1 – 33 to achieve the best possible results. Especially see Tips 1, 2, and 3.
- **80+ Points** – It is time to begin looking for a new job. To achieve the job transition results you are seeking, you will want to keep an eye on each of the factors in this survey to maintain your focus at an optimized level. You will want to begin working through Tips 1 – 33 to achieve the best possible results. If you would like further assistance with the work you are completing, see Tip 5.