

1. I feel confident in my ability to adapt to new work environments and learn new skills.
 - a. Strongly Agree
 - b. Agree
 - c. Neutral
 - d. Disagree
 - e. Strongly Disagree

Interpretation: If a respondent strongly agrees or agrees with this statement, it suggests that they may be more open to a career change that requires learning new skills or adapting to a new environment. If they disagree or strongly disagree, it may indicate a lack of confidence in their ability to handle a career change.

2. I have a clear idea of what I want to do in my next career.
 - a. Strongly Agree
 - b. Agree
 - c. Neutral
 - d. Disagree
 - e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they have a clear idea of what they want to do. Those who disagree or strongly disagree may need more time to explore their options or determine their career goals.

3. I have researched and understand the qualifications required for my desired career.
 - a. Strongly Agree
 - b. Agree
 - c. Neutral
 - d. Disagree
 - e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more prepared for a career change as they have done their research and have a clear understanding of what qualifications they need. Those who disagree or strongly disagree may need to do more research and gather more information before making a career change.

4. I have a strong support system (friends, family, mentors) who can help me through a career change.
 - a. Strongly Agree
 - b. Agree
 - c. Neutral
 - d. Disagree
 - e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they have a support system that can provide emotional and practical support during the transition. Those who disagree or strongly disagree may need to build a support system before making a career change.

5. I am willing to take risks to achieve my career goals.
- Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they are willing to take risks to achieve their career goals. Those who disagree or strongly disagree may be more risk-averse and may need more convincing before making a career change.

6. I am willing to take a pay cut to pursue a career that aligns with my values and interests.
- Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they are willing to prioritize their values and interests over their salary. Those who disagree or strongly disagree may be more concerned with their financial stability and may need more reassurance before making a career change.

7. I have considered the potential challenges and obstacles of making a career change.
- Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they have thought through the potential challenges and are prepared to face them. Those who disagree or strongly disagree may need to consider the potential challenges more carefully before making a career change.

8. I am willing to invest time and money in further education or training to pursue my desired career.
- Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they are willing to invest in themselves and their education to pursue their desired career. Those who disagree or strongly disagree may be more hesitant to invest time and money in further education or training, which may hinder their ability to make a successful career change.

9. I have a realistic understanding of the job market and demand for my desired career.

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they have a realistic understanding of the job market and demand for their desired career. Those who disagree or strongly disagree may need to do more research and gather more information about the job market and demand for their desired career before making a career change.

10. I am open to starting at a lower level in a new career and working my way up.

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they are willing to start at a lower level and work their way up in a new career. Those who disagree or strongly disagree may be more focused on starting at a higher level, which may limit their options for a career change.

11. I have talked to people who work in my desired career to gain a better understanding of what the job entails.

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they have taken the time to talk to people in their desired career to gain a better understanding of the job. Those who disagree or strongly disagree may need to do more research and gather more information about their desired career before making a career change.

12. I have identified my transferable skills and how they can be applied to a new career.

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they have identified their transferable skills and how they can be applied to a new career. Those who disagree or strongly disagree may need to spend more time identifying their transferable skills and how they can be applied to a new career.

13. I have a plan for how to manage any financial or logistical challenges that may arise during a career change.

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they have a plan in place to manage any financial or logistical challenges that may arise during a career change. Those who disagree or strongly disagree may need to spend more time planning for any potential challenges before making a career change.

14. I am comfortable networking and reaching out to people for job opportunities in a new career.

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they are comfortable networking and reaching out to people for job opportunities in a new career. Those who disagree or strongly disagree may need to work on their networking skills before making a career change.

15. I am able to handle ambiguity and uncertainty during a career change.

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they are able to handle ambiguity and uncertainty that may arise during a career change. Those who disagree or strongly disagree may need to work on their ability to handle uncertainty before making a career change.

16. I am willing to take on temporary or contract work while transitioning to a new career.

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they are willing to take on temporary or contract work while transitioning to a new career. Those who disagree or strongly disagree may be more hesitant to take on temporary or contract work, which may limit their options for a career change.

17. I have a support system (e.g., friends, family, mentor) that will encourage and support my career change.

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they have a support system in place to encourage and support their career change. Those who disagree or strongly disagree may need to work on building a support system before making a career change.

18. I am willing to relocate for a new career opportunity.

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they are willing to relocate for a new career opportunity. Those who disagree or strongly disagree may be more limited in their options for a career change if they are not willing to relocate.

19. I have considered the potential impact of a career change on my personal life (e.g., family, relationships, lifestyle).

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they have considered the potential impact of a career change on their personal life. Those who disagree or strongly disagree may need to spend more time considering the potential impact of a career change on their personal life before making a decision.

20. I am excited about the potential opportunities and challenges that come with a career change.

- a. Strongly Agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly Disagree

Interpretation: Respondents who strongly agree or agree with this statement may be more ready for a career change as they are excited about the potential opportunities and challenges that come with a career change. Those who disagree or strongly disagree may need to spend more time exploring their desired career and the potential opportunities and challenges before making a decision.

Overall Interpretation: Respondents who strongly agree or agree with most of these statements may be more ready for a career change as they have thought deeply about the decision and have taken the necessary steps to prepare for a career change. Those who disagree or strongly disagree with many of these statements may need to spend more time exploring their desired career, identifying their transferable skills, and preparing for any challenges that may arise during a career change.

These questions are simply designed to point out for you areas to focus your attention on and change. As always I am here to help you with coaching on these areas.

I hope this was helpful to you.

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