

Begin by choosing one area of your life that is in transition – your career, job, relationship, family, geographic location, or sense of self, for example. Focus on only one area at a time. If more than one area of your life is going through some changes, go back through and complete this test a second time before reviewing what your answers mean on the following page. Remember to focus on only one area at a time! (You can find a self-scoring version on our website at <http://old.cpinst.org/selftest>.)

1. When I think about this area of my life... (choose one)
 - ☐ (A) I feel committed.
 - ☐ (B) I am exploring new options.
 - ☐ (C) I am burned out, but I'm still trying to make this work.
 - ☐ (D) I am committed to making a major change or something has forced me to make a major change.
2. In terms of energy for this area of my life... (choose one)
 - ☐ (A) I have abundant energy.
 - ☐ (B) I have a lot of energy but don't know where to focus it.
 - ☐ (C) It feels like I'm working harder and harder for the same or fewer results.
 - ☐ (D) I have little or no energy.
 - ☐ (E) I feel new energy stirring below the surface.
3. About clarity and vision for this area of my life... (choose one)
 - ☐ (A) I have a clear, specific vision for where I'm going and what I want.
 - ☐ (B) I know the heart of what I want, but not the specific form.
 - ☐ (C) I keep reevaluating and questioning whether this is what I want.
 - ☐ (D) I know what I don't want, but not what I do want next.
4. When I think about balance for this area of my life... (choose one)
 - ☐ (A) I am really happy with the balance and amount of time spent.
 - ☐ (B) I know the balance I want, and I am exploring ways to make that happen.
 - ☐ (C) I feel like I have no choice about balance; this area exhausts me.
 - ☐ (D) I have let go of the way it has been and definitely want less time focused on this area.
5. Predominantly, in this area of my life, I feel... (here mark all that apply)

(A)	(B)	(C)	(D)
☐ joyful	☐ peaceful	☐ anxious	☐ disillusioned
☐ competent	☐ confident	☐ stressed	☐ like I've failed
☐ focused	☐ playful	☐ unhealthy	☐ angry
☐ passionate	☐ excited	☐ insecure	☐ lonely

Now score your answers:

For each A response, give yourself 15 points.
 For each B response, give yourself 10 points.
 For each C response, give yourself 1 point.
 For each D response, give yourself 5 points.
 For each E response, give yourself 8 points.

(A) Total: _____ (B) Total: _____ (C) Total: _____ (D) Total: _____ (E) Total: _____

Overall Total Number of Points: _____

less than 30 points – (*reevaluation*)

You are probably feeling very stuck. You're still immersed in this area of life and may be trying hard to make it work but it no longer fits you. You may be getting fewer and fewer results even when you invest more time and energy.

It's time to let go; what you've been trying to make work is no longer working for you. What kind of support do you need to be able to let go, close out this chapter and create some space to step back?

31 to 60 points – (*renewal and self-assessment*)

You're probably stepping back from what you've been doing. You may still be involved in this area but have stopped trying to make it work or you have decided to leave it altogether.

Either way, you probably need time for rest and renewal. Your energy is most likely directed inwardly and, if this is a major transition for you, you feel the need to learn more about who you are. This is natural; what support do you need to travel through this time?

61 to 110 points – (*exploration and marketing*)

You have a vision: you know who you are and what you need and are finding new energy stirring to go out and explore how to get it. You must be sure to give yourself enough time to find the right fit for you.

This is the time for networking, researching, and experimenting with new directions. What skills do you need to develop and what resources would be helpful as you take steps to find your best fit?

more than 111 points – (*career management*)

This area of your life is going well. You're on track with your vision. You may possibly need a slight course correction or some assistance to better manage your present direction. And, you may want to retake this questionnaire and focus on another area of your life which may be in transition.