

Name: _____ Date: _____

Career Transition

Select yes or no to answer these questions

1. Why do you want to change careers? Yes No
2. What do you hope to achieve with this career change? Yes No
3. What are your core values and how do they align with your new career goals? Yes No
4. Do you feel stressed, bored or unhappy at work? Yes No
5. Do you spend too much time at work? Yes No
6. Is your work against your values or beliefs? Yes No
7. Is your work not challenging enough? Yes No
8. Are your pay or hours at risk of being cut? Yes No
9. Is your job at risk of disappearing? Yes No

If you answered yes to these questions, you could be ready for a career change.

Consider your options

Think about your career options. What are the good points and bad points about each option?

Career Options	Good Points	Bad Points

What are the good points and bad points about your current career?

Career Options	Good Points	Bad Points