



Choose an area of your life that is in transition; it could be your career , job, relationship, family, geographic location, or sense of self. Consider just one area at a time as you proceed through these pages.

By clicking the button below, you will be taken to the first question. As you answer the questions, record your choice for each answer. For instance, if you chose "A" on question #1, you would make a note on a piece of paper: 1A.

Having these answers will help us interpret your situation when we next talk.

If you have more than one area of your life that is changing, feel free to go back through and complete the test a second time.

It is very important to focus on just one area at a time!

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 I have been forced 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. Predominantly, I feel...(circle all that apply)

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



INTERPRETATION

Tally The Number of Responses

The number of answers that were (A):

The number of answers that were (B):

The number of answers that were (C):

The number of answers that were (D):

The number of answers that were (E):

Assign Values

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: