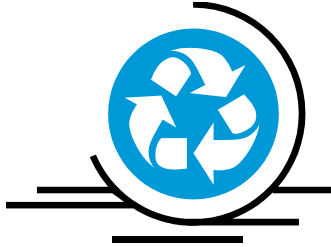




Transition Assessment



Please check the statements below that reflect your current feelings. After completing the assessment, total the number of checks in each transition phase. The phase with the most checks indicate what stage you are in.

Stuck in the Doldrums

- I feel as if I do the same old thing day after day.
- My energy level is low.
- The hobbies that I once had no longer hold my interest.
- My social life is not what I desire.
- I no longer have the zest I once had for life.

Total _____

Mini-Transition

- I've recently had a makeover.
- I've move to a new location, home or apartment.
- I've changed jobs.
- I've joined a new club or organization.
- I've taken up a new hobby.

Total _____



Cocooning

_____ I've recently divorced ended a relationship or quit a job.

_____ I've been crying a lot.

_____ I'm not sure who I am anymore.

_____ I've been turning down social invitations.

_____ I don't know what I want out of life.

Total _____

The Next Chapter

_____ I know what my purpose in life is.

_____ I wake up each day eagerly awaiting what is going to unfold.

_____ I feel confident in the person that I have become.

_____ My creative juices are flowing.

_____ I know what my core values are.

Total _____

For additional support during this process contact melinda@pathseekerslifecoaching.com or by phone at 1-888-92-(Coach) 26224.