

# Assessment Questionnaire: Time for a change?



The Sky's NO Limit

Is it the right time for you to make a major life change you may have been thinking about? As they say, timing is everything. If you are thinking about making a change but have not yet done it, that may be because you are not sure if you are really ready. There are many factors that go into the decision to make a change and when to do so.

Is now the right time? Is your life currently stable and ready to make a big change?

Please read each statement and record your level of agreement on the scale of 1 to 5.

1 = Completely False  
2 = Mostly False  
3 = Neither True or False

4 = Mostly True  
5 = Completely True

1 2 3 4 5

1. I have many unsettled things in my life right now to deal with.
2. I know that I need to make a major change in my life. I have not done so yet because I am not exactly sure what part of my life I want to change.
3. My moods have been changing a lot lately. One day I feel great and the next day I am frustrated or upset.
4. I recently made a major change and am adjusting to all the impacts it has had on my life.
5. I have a general idea for a major life change that could be incredible, but I'm not sure how I would start.
6. If I could, I would make a change as soon as possible; however, I am can not afford it right now.
7. My partner or family members are currently opposed to some of my ideas for changes because of the effects the change would have on them.
8. I'm thinking that it might be a good time to start planning for a change.
9. I have been saving up to make a change for a while now and am about 60% there.
10. A good friend recently suggested a new undertaking for me, which sounds very exciting.
11. I commonly have thoughts like, 'If I change something, I will feel less unmotivated and unfocused.'
12. I have been feeling down lately, my mood has been blue.
13. I've been putting off a major change for a while now and even though I'm not sure this time is different, I think now is the time to do it because I would like to see things change for the future.
14. I recently suffered a major loss, such as a death or job layoff and I am having a hard time coping with it.
15. At least two people have told me lately that I haven't really been myself.
16. On a typical day, I feel satisfied with most aspects of my life.
17. I often feel like I am very much influenced by other's opinions and have a tough time making my own decisions. Someone has been encouraging me to make a certain change lately.
18. It is typical for me to think that I 'should' do something differently but not to know exactly what I need to do.
19. I frequently think, 'maybe I need to take a major risk one of these days.'
20. When I think about making the change, I get so nervous that I cannot function well.
21. The reason that I want to make a change is that I think it would be the one thing that would lead to my happiness.
22. I do not feel emotionally ready to tackle a new obstacle right now.
23. If I stick with my current situation (relationship, job, etc.) for a little while longer, there might be a major payoff or advancement.
24. The main factor that makes me want to make a drastic change is that I am bored and not content.
25. Others could be potentially negatively affected by my decision.
26. I am a bit unsure about all the factors that are involved in my decision. I may need to get more information somehow to help me learn all the details.
27. My plans in the near future involve multiple changes at the same time (such as moving, new job, having a baby, getting a pet, etc.)
28. There is no way I could afford to make the change I am thinking about and still comfortably eat, pay my bills, and pay my rent.
29. My reasons for wanting a change are to change somebody else.
30. At least a couple people have told me to think carefully about making this change because I may not be ready for it right now.

31. Name

32. Email

33: Tel No,

**Thank you for taking the time to fill out the form - we aim to respond to your form within 2 working days**