

Ready for Your Next Move? Career Clarity and Next-Step Readiness Quiz

Purpose: Quickly evaluate how clear and prepared you are to take a purposeful career step so you can choose one focused next action that increases momentum and reduces risk.

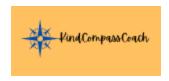
How to use: Answer each question honestly with Yes / Sometimes / No. Tally scores (Yes = 2, Sometimes = 1, No = 0). Total possible score = 20. This is a self-reflection tool, not a diagnostic test; use results to design a paced, practical next step.

Questions

- 1. I can state my top 2–3 core work values that I want my next role to reflect.
- 2. I can describe one type of work activity that consistently energizes me.
- 3. I have a realistic sense of my financial needs and constraints for a career change.
- 4. I can name at least two transferable skills I bring to a new role or field.
- 5. I've tested or researched my interest in this direction through informational interviews, short projects, or volunteer work.
- 6. I have a timeline that balances urgency and safety for exploring or making a change.
- 7. I can tolerate short-term uncertainty and have strategies to manage stress during transitions.
- 8. I have at least one person who can offer honest feedback, accountability, or referrals.
- 9. I know one small, realistic experiment I can run in the next 2 weeks to gather real information.
- 10. I feel ready to articulate a clear next step (apply, proposal, pilot, learning plan) within 30 days.

Scoring Guide

- Add your points (Yes = 2, Sometimes = 1, No = 0).
- **0–7** = Early Clarity Stage
- **8–13** = Exploring with Intention
- **14–20** = Ready to Launch



Result Summaries and Next Steps

Early Clarity Stage 0–7. You're feeling uncertain about values, skills, or practical support. Moving quickly risks misalignment or unnecessary stress. Clarify one core value today and run one tiny informational test this week (15-minute call with someone in the field or a short online course module). Build a simple financial snapshot for decision-making.

Exploring with Intention 8–13. You have pieces in place but need clearer testing and logistics to reduce risk and build confidence. Design a 3-week learning experiment: two informational interviews, one small project or volunteer hour, and a one-page pros/cons list with timelines and financial guardrails.

Ready to Launch 14–20. You have clarity around values, skills, support, and a practical next step. You can move with measured courage. Commit to a 30-day action: apply to two roles or pitch one project; run one pilot; schedule weekly 10-minute reflection check-ins to assess fit and adjust.

Practices to Move Forward

- Value Snapshot (5 minutes): List your top 2 values and cross-check today's tasks for alignment.
- One-Question Interview (15 minutes): Ask a role-model or contact: "What's one unexpected challenge in this work?" and note one learning.
- **Mini Experiment (72 hours):** Complete a small task representative of the role (sample project, volunteer shift, or freelance gig).
- Financial Safety Check (20 minutes): Calculate three months of essential expenses and one low-risk backup plan.

Safety and Pacing Notes. If career exploration triggers anxiety, overwhelm, or financial strain, slow the pace: shorten experiments, add regulation practices (breathing or grounding), and involve a trusted advisor. If you notice depression, severe anxiety, or paralysis, seek support from a career coach or mental health professional while continuing manageable experiments.

This quiz is for educational and self-reflective purposes only. It is not therapeutic advice.