



## 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.*