



## Life Transition Readiness Quiz

Purpose: Evaluate emotional, financial, and relational readiness for a major life change and identify the next safe, values-aligned steps to take.

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 diagnosis; use results to choose paced next steps and consider professional support if needed.

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### Questions

1. I can name my top 3 values that I want this transition to honor.
  2. I feel emotionally stable enough most days to make decisions without becoming overwhelmed.
  3. I have at least one trusted person who supports me and can offer practical or emotional help during this change.
  4. I have a basic financial cushion or plan to cover unexpected costs related to the transition.
  5. I can name realistic, small actions to test this change before fully committing.
  6. My current responsibilities (work, caregiving, health) allow space to experiment with this change.
  7. I have strategies that reliably help me regulate my nervous system when I feel activated.
  8. I've spoken in concrete terms with those directly affected by the change and received a clear sense of how they might respond.
  9. I can tolerate uncertainty for short periods and return to values-based choices rather than avoidance.
  10. I know at least one professional or peer resource (coach, therapist, mentor) I could contact if I needed help during this transition.
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### Scoring Guide

- Add your points (Yes = 2, Sometimes = 1, No = 0).
  - 0–7 = Low Readiness
  - 8–13 = Moderate Readiness
  - 14–20 = High Readiness
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## Result Summaries and Next Steps

**Low Readiness (0–7):** Your nervous system, supports, or practical plans need strengthening before a major shift. This is common and wise; rushing can compound stress. Choose one tiny test (one imperfect action) that costs little risk and takes one week; strengthen a single safety resource (financial cushion, one trusted ally, or a regulation practice); consider scheduling a brief consult with a coach or therapist to map pacing and safety.

**Moderate Readiness (8–13):** You have foundational elements in place but benefit from clearer plans and extra supports to reduce friction and sustain momentum. Create a 3-week micro-plan with specific weekly experiments, formalize a backup financial step (even small), and run a boundary script conversation with one person affected. Use a daily 60-second regulation ritual and log reactions to build confidence.

**High Readiness (14–20):** You have strong alignment across values, supports, and practical planning to responsibly pursue a meaningful transition. Design a phased launch with measurable checkpoints, name contingency plans for the most likely risks, and schedule regular check-ins with a trusted person to review how values and capacity are aligning in real time.

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**Safety and Pacing Notes:** If any question triggered intense emotion, dissociation, or intrusive memories, pause the quiz and use a grounding practice (box breathing or grounding through the senses) before continuing. Major transitions can re-activate trauma or overwhelm; prioritize nervous-system safety, slow experiments, and professional support as needed.

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## Quick Practices to Support Readiness

When faced with a choice, ask “Which option most closely aligns with my top value right now?” then choose the smallest next step.

Compassion Pause: Hand on heart, breathe in two counts, out two counts, say one kind sentence to yourself.

Experiment (one week): Try a low-risk action that gives real information (e.g., draft a resignation script, try part-time hours, test a new routine).

Daily, ask “What did I try today that honors my values?” and note one small win.

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