

# ARE YOU READY FOR A CAREER CHANGE?

## Select yes or no to answer these questions

|   |     |    |
|---|-----|----|
| 1. Do you feel stressed, bored or unhappy at work?                                | Yes | No |
| 2. Do your whānau, family and friends say you seem unhappy at work?               | Yes | No |
| 3. Do you spend too much time at work?  | Yes | No |
| 4. Is your work against your values or beliefs?                                   | Yes | No |
| 5. Is your work not challenging enough?   | Yes | No |
| 6. Are you using only some of your skills?  | Yes | No |
| 7. Are your chances of learning new things or moving your career forward limited? | Yes | No |
| 8. Are your pay or hours at risk of being cut?                                    | Yes | No |
| 9. Is your job at risk of disappearing?   | Yes | No |

If you answered yes to these questions, you could be ready for a career change.

## Consider your options

Think about your career options. What are the good points and bad points about each option?

| Career options | Good points | Bad points |
|----------------|-------------|------------|
|                |             |            |

What are the good points and bad points about your current career?

| Current career | Good points | Bad points |
|----------------|-------------|------------|
|                |             |            |



## Are you ready for a career change?

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Now list all the bad points about your current career and your career options. Write the actions you could take to overcome these bad points.

| Bad points | How I could solve these problems |
|------------|----------------------------------|
| <hr/>      | <hr/>                            |
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Look at the solutions to these problems. Which is harder to do – stay in your current career or change your career?

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Note the career option with the most good points and the fewest bad points. Imagine this is your new career. How does that make you feel?

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How ready are you to make the changes needed for your new career?

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### Select yes or no next to these statements:

- |  |     |    |
|--|-----|----|
| 1. I'm ready for a career change.  | Yes | No |
| 2. I've considered all the good points and bad points of each career option. | Yes | No |
| 3. I've chosen the best career option for me.                                | Yes | No |
| 4. I've found solutions for problems I might have if I change my career.     | Yes | No |
| 5. I am willing to make all the changes I need for a new career.             | Yes | No |

If you wrote yes to these statements you may be ready for a career change. If you wrote no, do more career exploration.

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