



### Life Change Assessment

We all think about making major life changes at certain points in our journey. And we all have a tendency to struggle with the “when” of making a big life change. If you are contemplating whether now is the time to make a significant life change, and you are wondering about how your motivations for making that change might be influencing your decision, a simple assessment like the one below can provide clarity and direction.

Instructions: Answer each question using the rating scale below. When you have answered all of the questions, enter your name and email address to receive your confidential Life Change Assessment report.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
 Less True More True

1. I have many unsettled things in my life to deal with right now.	
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 not able to 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, but not necessarily to make it.	
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 now, I will feel less unmotivated and focused."	
12. I have been feeling down lately and my mood has been blue.	
13. I've been putting off a major change for a while and I'm not sure that anything is different enough to make now the right time.	
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 dissatisfied with several 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 and I may be considering the change because they recommend it.	
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 (and only) thing that would lead to my happiness.	
22. I do <i>not</i> 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 is likely to 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 to make a change.	
26. I am a bit unsure about all the factors that are involved in my decision. I may need to get more information 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 reason for wanting a change is 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.	

<b>My Name Is:</b>	
<b>My Email Address Is:</b>	

**Assessment Developed by:** Milana Leshinsky and Larina Kase, Psy.D., M.B.A.

*Look forward to your Life Change Assessment report arriving in your inbox soon!*

This confidential assessment tool is provided courtesy of the Southlake Center