

# 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
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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:

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| 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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