Begin by choosing one area of your life that is in transition – your career, job, relationship, family, geographic location, or sense of self, for example. Focus on only one area at a time. If more than one area of your life is going through some changes, go back through and complete this test a second time before reviewing what your answers mean on the following page. Remember to focus on only one area at a time! (You can find a self-scoring version on our website at http://centerpointseattle.org/lifecareer-self-test.)

1. When I think about this area of my life... (choose one)
   - (A) I feel committed.
   - (B) I am exploring new options.
   - (C) I am burned out, but I’m still trying to make this work.
   - (D) I am committed to making a major change or something has forced me to make a major change.

2. In terms of energy for this area of my life... (choose one)
   - (A) I have abundant energy.
   - (B) I have a lot of energy but don’t know where to focus it.
   - (C) It feels like I’m working harder and harder for the same or fewer results.
   - (D) I have little or no energy.
   - (E) I feel new energy stirring below the surface.

3. About clarity and vision for this area of my life... (choose one)
   - (A) I have a clear, specific vision for where I’m going and what I want.
   - (B) I know the heart of what I want, but not the specific form.
   - (C) I keep reevaluating and questioning whether this is what want.
   - (D) I know what I don’t want, but not what I do want next.

4. When I think about balance for this area of my life... (choose one)
   - (A) I am really happy with the balance and amount of time spent.
   - (B) I know the balance I want, and I am exploring ways to make that happen.
   - (C) I feel like I have no choice about balance; this area exhausts me.
   - (D) I have let go of the way it has been and definitely want less time focused on this area.

5. Predominantly, in this area of my life, I feel... (here mark all that apply)
   - (A) joyful.
   - (B) peaceful.
   - (C) anxious.
   - (D) disillusioned.
   - (E) like I’ve failed.
   - (F) confident.
   - (G) stressed.
   - (H) angry.
   - (I) focused.
   - (J) playful.
   - (K) unhealthy.
   - (L) lonely.
   - (M) passionate.
   - (N) insecure.

Next, score your answers: For each A response, give yourself 15 points. For each B response, give yourself 10 points. For each C response, give yourself 5 points. For each D response, give yourself 1 point. For each E response, give yourself 8 points.

(A) Total: ______ (B) Total: ______ (C) Total: ______ (D) Total: ______ (E) Total: ______