less than 30 points – (reevaluation)

You are probably feeling very stuck. You’re still immersed in this area of life and may be trying hard to make it work but it no longer fits you. You may be getting fewer and fewer results even when you invest more time and energy.

It’s time to let go; what you’ve been trying to make work is no longer working for you. What kind of support do you need to be able to let go, close out this chapter and create some space to step back?

31 to 60 points – (renewal and self-assessment)

You’re probably stepping back from what you’ve been doing. You may still be involved in this area but have stopped trying to make it work or you have decided to leave it altogether.

Either way, you probably need time for rest and renewal. Your energy is most likely directed inwardly and, if this is a major transition for you, you feel the need to learn more about who you are. This is natural; what support do you need to travel through this time?

61 to 110 points – (exploration and marketing)

You have a vision: you know who you are and what you need and are finding new energy stirring to go out and explore how to get it. You must be sure to give yourself enough time to find the right fit for you.

This is the time for networking, researching, and experimenting with new directions. What skills do you need to develop and what resources would be helpful as you take steps to find your best fit?

more than 111 points – (career management)

This area of your life is going well. You’re on track with your vision. You may possibly need a slight course correction or some assistance to better manage your present direction. And, you may want to retake this questionnaire and focus on another area of your life which may be in transition.