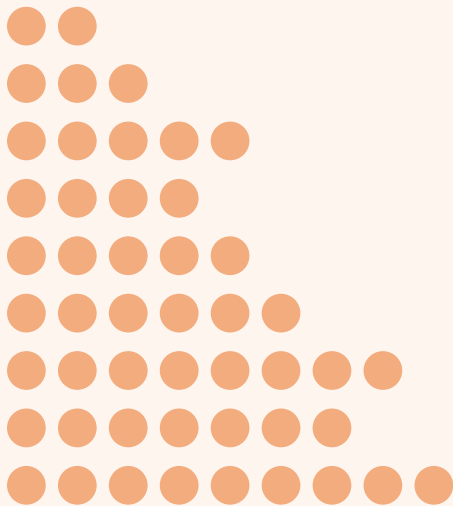


# TEST

## Are You Ready for Change in Work and Life?



This test will help you understand how ready you are for change – whether it's switching jobs, exploring a new path, or launching your own project.

It will highlight the strengths you already have, as well as the areas where there's room for growth and support.

### What Will You Gain?

- Your readiness for change, shown as a percentage
- The areas that need your attention
- A clear starting point for your new chapter

*“A test for those who feel it's time for a change”*



## How to Take the Test

- Answer honestly, choosing a score from 1 (strongly disagree) to 5 (strongly agree).
- Don't overthink it — your first instinct is usually the most accurate.
- At the end of each section, add up your points for every question and write down the total score (TS). Then use the formula to calculate the percentage and note it down.

### BLOCK 1: Goals and Plans

*Clarity of long-term goals and understanding the step-by-step path ahead.*

① ② ③ ④ ⑤

- I know what I want from my work (or my own business/project).
- I have a plan for how to reach my goals.
- I have a clear vision of what I want to achieve in the coming years.
- Having a clear understanding of my goals is important to me.
- I am already taking the first steps toward achieving my goals.

Total Score (TS)

Result in % (TS / 25 \* 100)

### BLOCK 2: What I Value in Work

*Awareness of personal priorities and values that shape both satisfaction and the sense of meaning in work.*

① ② ③ ④ ⑤

- I understand what matters to me in my work.
- I can clearly define which working conditions are unacceptable for me.
- I am able to choose tasks and projects that align with my values.
- I want to focus on tasks that reflect my life priorities.
- I know what motivates me the most.

Total Score (TS)

Result in % (TS / 25 \* 100)

## BLOCK 3: Skills and Experience

*Confidence in existing competencies and readiness to acquire new knowledge for growth.*

- |  | 1                     | 2                     | 3                     | 4                     | 5                     |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| • I have the skills needed to achieve my goals.                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I know which skills I need to develop to take the next step. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I am open to learning if it helps me move forward.           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I can apply the knowledge I already have to new situations.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • If I lack certain skills, I can find a way to acquire them.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Total Score (TS)

Result in % (TS / 25 \* 100)

## BLOCK 4: Support and Resources

*Having the right environment, time, finances, and practical opportunities to move forward.*

- |  | 1                     | 2                     | 3                     | 4                     | 5                     |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| • I have people who will support me if I go through changes.                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I can make time to work on my new goals.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I have a financial plan to support me during a transition, if needed.                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I know where to look for help or advice if I face difficulties.                              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I know how to use my resources (time, connections, money, knowledge) to keep moving forward. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Total Score (TS)

Result in % (TS / 25 \* 100)

## BLOCK 5: Confidence and Energy

*Inner readiness for change, belief in your own strengths, and the ability to take action despite challenges.*

- |   | 1                     | 2                     | 3                     | 4                     | 5                     |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| • I am not afraid to try something new.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I am willing to step out of my comfort zone to achieve my goals.              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • When something doesn't work out, I look for other ways forward.               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • When I feel tired, I know several ways to recharge.                           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • I pay attention to my well-being as much as possible in my current situation. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Total Score (TS)

Result in % (TS / 25 \* 100)

Total Score across all blocks (TTS)

Overall Result in % (TTS / 125 \* 100)

## INTERPRETING THE RESULTS

☹—39% — “Time to Build Your Foundation”

**What it means:** Right now, the signals show that making major changes immediately could be risky: there are areas where clarity, resources, or energy are lacking.

### Recommendations:

- Don't rush or blame yourself — see this result as your starting point for further action.
- Begin with small steps: clarify your goals (Block 1) and gather information/support (Block 4).
- Focus on restoring energy and building habits of self-support (Block 5).

### Quick actions:

- Postpone big decisions for 1–3 months.
- Create 1–2 new daily habits that support you.
- Track your progress in a habit tracker.

## 40–69% — “Partially Ready – Time to Strengthen Weak Spots”

**What it means:** You have a lot in place to start making changes, but some gaps remain — you might lack certain skills, support, or clarity. This is a good level for focused preparation.

### Recommendations:

Identify your weaker areas (calculate the percentage for each block) and create a short 1–3 month plan.

For example:

- Skills: pick 1–2 key skills and start a mini-course or micro-practice.
- Support: talk with loved ones, find a mentor, or join a community.

**Quick actions:** Create a life/career wheel, choose a priority, and work on it 15–30 minutes a day.

## 70–100% — “Ready for Change”

**What it means:** You have clarity, resources, and inner resilience — a strong foundation for starting or shifting direction.

### Recommendations:

- Create a realistic action plan with clear stages and deadlines.
- Check the “technical” aspects: finances, training, contacts.
- Continue supporting your health and recovery — they help maintain productivity over the long haul.

**Quick actions:** Schedule your first practical step (interview, trial project, course) within the next 1–2 weeks.

On the next page, you’ll find a **BONUS** — recommendations for concrete actions based on your results in each block.

Look at your percentage score for each block and mark an “X” in the column it belongs to (Low, Medium, High):

	<i>low</i>	<i>medium</i>	<i>high</i>
• Block 1: Goals and Plans	<input type="text"/>	<input type="text"/>	<input type="text"/>
• Block 2: What I Value in Work	<input type="text"/>	<input type="text"/>	<input type="text"/>
• Block 3: Skills and Experience	<input type="text"/>	<input type="text"/>	<input type="text"/>
• Block 4: Support and Resources	<input type="text"/>	<input type="text"/>	<input type="text"/>
• Block 5: Confidence and Energy	<input type="text"/>	<input type="text"/>	<input type="text"/>

## Block 1 — Goals and Plans

- *Low:* Work on clarifying “what matters to me” and create a micro-plan (3 steps for the month).
- *Medium:* Specify deadlines and success criteria (how will you know the goal is achieved?).
- *High:* Turn your goals into concrete tasks with dates.

## Block 2 — What I Value in Work

- *Low:* Start simple — list 3 things that have brought you satisfaction in the past.
- *Medium:* Compare job options with your values (what aligns, what doesn't).
- *High:* Use your values as a filter when selecting projects or job opportunities.

## Block 3 — Skills and Experience

- *Low:* Identify 1–2 key skills and find a mini-course or practice exercise.
- *Medium:* Take on small projects for practice, and build a portfolio/results.
- *High:* Look for ways to monetize your skills (freelance, pilot project).

## Block 4 — Support and Resources

- *Low:* Start with a conversation — who can you tell about your plans and ask for help?
- *Medium:* Make a list of available resources (time, money, people) and plan how to use them.
- *High:* Leverage your connections and resources to launch a pilot or test project.

## Block 5 — Confidence and Energy

- *Low:* Introduce recovery rituals (short breaks, sleep, walks) and celebrate small wins.
- *Medium:* Practice planning your energy — alternate work and rest, track your progress.
- *High:* Maintain a recovery routine and use self-support techniques under stress.

## CONCLUSION

If you want to systematically strengthen your readiness for change across all blocks, the Mindbook “[Time for Change: Reboot Your Work and Life](https://mindmazepages.etsy.com/listing/4364879731/vrema-peremen-perezagruzite-svou-rabotu)” can help. This tool is specifically designed **to support you** through career and life transitions, guiding you from dissatisfaction with your current work and life to your first wins and results in a new direction.

In the Mindbook, you’ll find a structured path of 11 chapters covering each block, with over 30 practical exercises to clarify goals, develop skills, strengthen resources, and restore energy.

You can order and download your printable copy of the Mindbook here:

<https://mindmazepages.etsy.com/listing/4364879731/vrema-peremen-perezagruzite-svou-rabotu>.

