



# THE REINVENTION ASSESSMENT TOOL

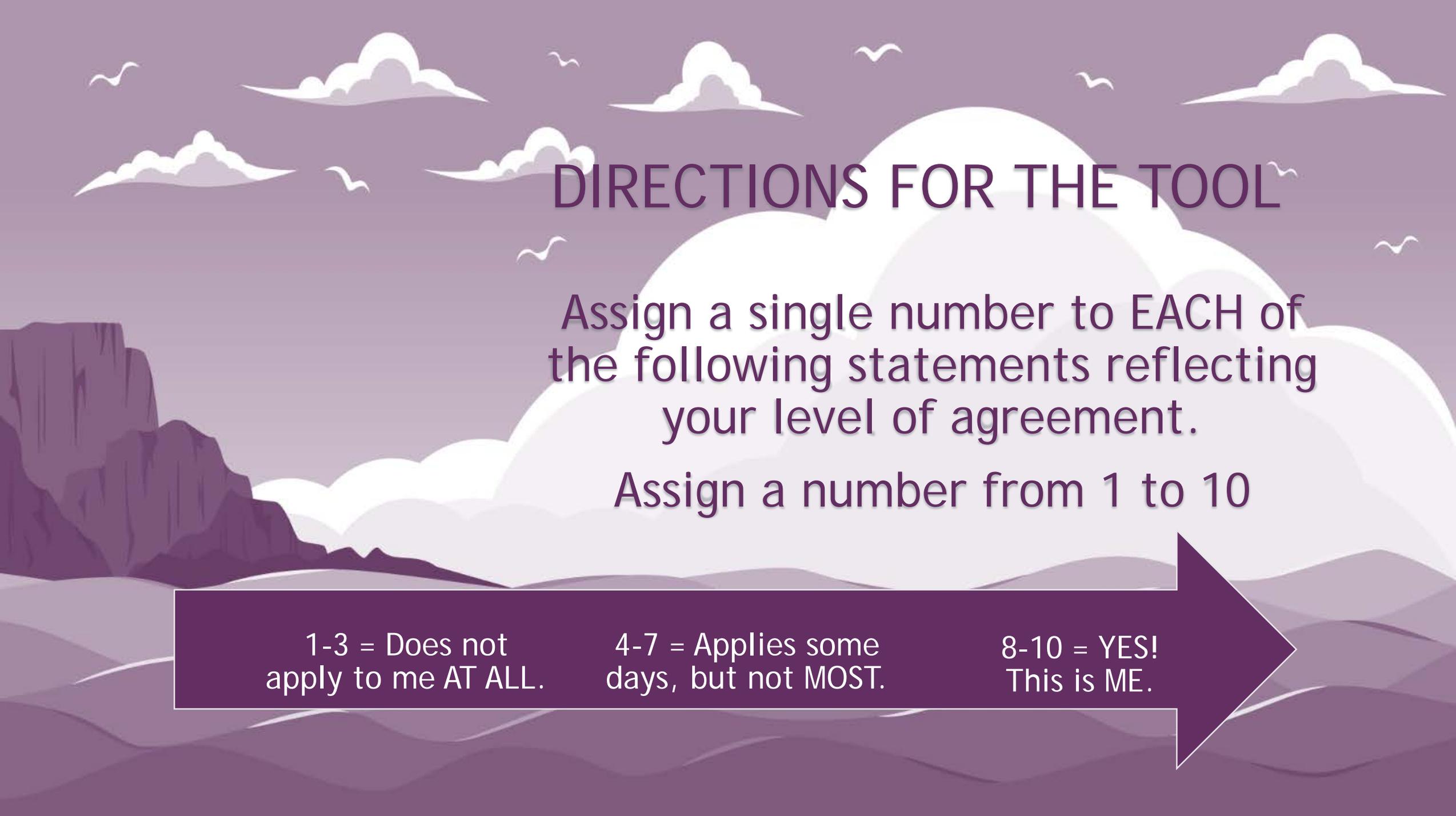
BY SECOND SEASON COACH



# THE REINVENTION ASSESSMENT TOOL

Your mindset and approach to life experiences, both past and present, are huge influencers in a reinvention journey.

This Tool is an opportunity for self-reflection. Score your responses to see if you'll benefit from Second Season Coaching.



# DIRECTIONS FOR THE TOOL

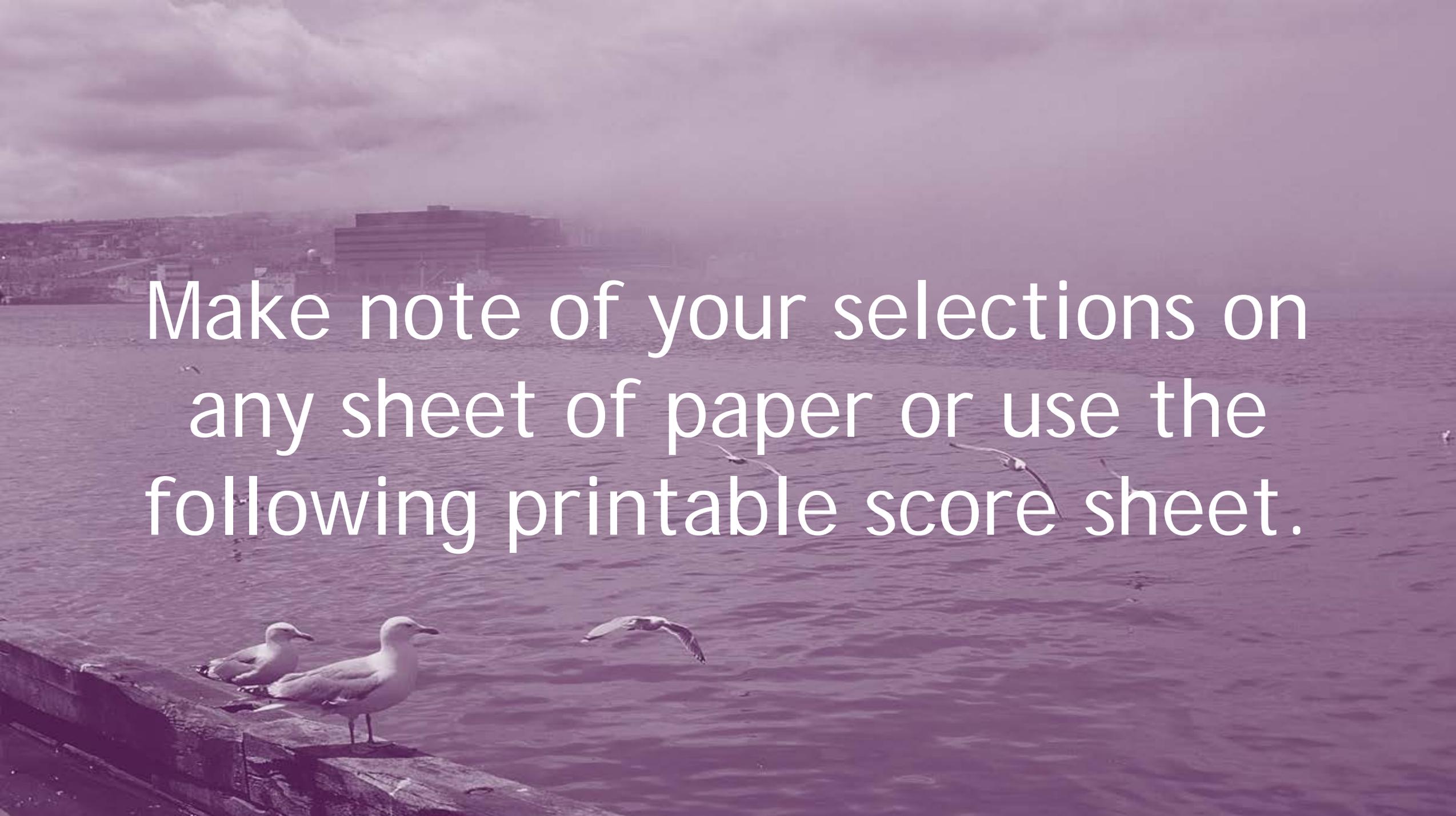
Assign a single number to EACH of the following statements reflecting your level of agreement.

Assign a number from 1 to 10

1-3 = Does not  
apply to me AT ALL.

4-7 = Applies some  
days, but not MOST.

8-10 = YES!  
This is ME.



Make note of your selections on any sheet of paper or use the following printable score sheet.

# PRINTABLE SCORE SHEET

SECTION I	SECTION II	SECTION III	SECTION IV	SECTION V
1.)	6.)	11.)	16.)	21.)
2.)	7.)	12.)	17.)	22.)
3.)	8.)	13.)	18.)	23.)
4.)	9.)	14.)	19.)	24.)
5.)	10.)	15.)	20.)	25.)

Or, score responses on your own sheet of paper.

# HOW I APPROACH MY DAY



I wake up most days feeling tired before I've begun. \_\_\_\_\_



I'm rarely certain what I'll be doing at work.  
\_\_\_\_\_



I'm alert, but feel paralyzed as I approach the day's tasks. \_\_\_\_\_



I just lost my job, and I'm afraid to pursue the next step. \_\_\_\_\_



I don't mind my job, but wish it was Friday.  
\_\_\_\_\_



I can't wait to get to work everyday and contribute. \_\_\_\_\_

# HOW I FEEL ABOUT MY PROFESSION/CAREER



I'm making good money, but I'm miserable. \_\_\_\_\_



My work gives me a strong sense of purpose. \_\_\_\_\_



If I could afford to quit my job, I would. \_\_\_\_\_



My job is negatively effecting my health. \_\_\_\_\_



I've always dreamed of doing something else for a living. \_\_\_\_\_



I'm on the verge of a breakthrough. \_\_\_\_\_



# HOW I FEEL ABOUT MYSELF



I feel alone and/or invisible. \_\_\_\_\_



I have a clear sense of direction and purpose.  
\_\_\_\_\_



I have a strong personal and professional support network. \_\_\_\_\_



My health problem(s) make me want to give up.  
\_\_\_\_\_



I'm comfortable stepping outside my comfort zone. \_\_\_\_\_



I'm a good planner and consistently execute on plan. \_\_\_\_\_



I'm always the go-to person in a crisis or emergency and I feel overwhelmed. \_\_\_\_\_



# HOW I FEEL ABOUT MY PLANS FOR THE FUTURE



I have no future plans or goals. \_\_\_\_\_



I usually accept whatever opportunity comes up next. \_\_\_\_\_



I have clear life goals, which are activated by specific plans. \_\_\_\_\_



I'm not motivated to move ahead and I don't look forward to the future. \_\_\_\_\_



I became what I wanted to be when I grew up and I love it. \_\_\_\_\_



I had a plan, but a life change has derailed all plans. \_\_\_\_\_



# WHAT'S YOUR SCORE?

## DIVIDE YOUR TOTAL SCORE BY 25

### Score 2-5 Congratulations!

This score means you have a strong foundation for reinventing yourself. Enjoy our free tools and our monthly newsletter full of inspiration and tips. Carry on!

### Score 5-10 Let's Get Started

This score means you'll get the biggest advantage from a Second Season Coach. Go to the Let's Connect page and begin the journey your way.