

What's Your Next Chapter Readiness Score?

A Self-Discovery Guide for Women in Transition

Welcome

Life transitions—whether it's retirement, an empty nest, career shifts, or a desire for something “more”—can feel overwhelming or even isolating.

This quick but powerful self-assessment will help you measure how ready you are to step into your next chapter with clarity, confidence, and purpose.

At the end, you'll receive a score and personalized guidance based on where you are now. Let's begin!

Your Readiness Quiz

Instructions: Rate each statement from 1 (Not true at all) to 5 (Absolutely true).

1. 1. I have a clear vision for what I want the next phase of my life to look like.
2. 2. I feel emotionally ready to leave behind my previous role or identity.
3. 3. I know what brings me joy, purpose, or fulfillment.
4. 4. I have a supportive network or community during this time of change.
5. 5. I'm confident in making decisions about my future.
6. 6. I've let go of past regrets or limiting beliefs.
7. 7. I feel financially and practically prepared for this transition.
8. 8. I take time for reflection and personal growth.
9. 9. I trust my inner voice and intuition.
10. 10. I believe this next chapter can be the best one yet.

Total Score: ____

Scoring & Insights

40–50: Ready to Rise

You're aligned, clear, and confident. You're already stepping into your next chapter. You may benefit from fine-tuning your vision and ongoing support to sustain momentum.

25–39: In Progress

You're in the thick of the transition. There's both excitement and uncertainty. Coaching can help you clarify your path and release what's holding you back.

10-24: Feeling Stuck

It's okay to feel unsure. You're not alone. This is the perfect time to begin a guided process toward clarity and empowerment.

Reflection Prompts


Take a few minutes to journal your responses:

- What am I most excited about in this next phase?
- What do I need to let go of to move forward?
- Where do I want to be 6 months from now—and how do I want to feel?

Your Next Step

Ready to go deeper?

Book a free 30-minute Discovery Call and explore how coaching can help you create a clear, purpose-filled next chapter.

 [Insert booking link]

Or visit [Insert website link] to learn more.

Created by [Your Name]

Certified Life and Leadership Coach

Charting My Next Chapter