

# LIFE~CAREER CHECKLIST for ..... Date ..... / ..... / .....

Before exploring new life and career plans it is useful to check your current situation. If you are coping with problems it is useful to know what is OK in your life or work as well.

**Instructions:** Circle each answer that applies to you. "Yes" and "No" are not necessarily good or bad - this depends on the question being asked.

## How do you feel today?

In control of your life?	yes / sometimes / no
Financially secure for paying this month's bills?	yes / sometimes / no
Emotionally supported by a friend or relative?	yes / sometimes / no
Keen to do new things?	yes / sometimes / no
Fit and healthy?	yes / sometimes / no
Confident about most decisions?	yes / sometimes / no
Tired with difficulty sleeping?*	yes / sometimes / no
Worried, anxious or panicky?*	yes / sometimes / no

## Circumstances

Do you (or your partner) have a steady paid job?	yes / sometimes / no
Do you have other regular income e.g. rent, pension or benefits?	yes / sometimes / no
Do you have a home, flat or other safe place to sleep?	yes / sometimes / no
Do you have any debts that concern you?	yes / sometimes / no
Is your job, or home, at risk this month/year?	yes / sometimes / no
Do you have any special hobbies or leisure interests?	yes / sometimes / no

Current interests .....

## Life Events *Have you or your family been affected by any of the following situations in the last 2 years? Note what happened and approximately when it started (month / year)*

New job, work opportunity or achievement .....	yes / no
New relationship, marriage or birth of child .....	yes / no
Redundancy / early retirement .....	yes / no
Unemployment .....	yes / no
Reduced household income .....	yes / no
Job, manager or organisation change .....	yes / no
Moving house or work location .....	yes / no
Accident or worrying illness .....	yes / no
Bereavement .....	yes / no
Separation or other sense of loss .....	yes / no
Leaving school, home or college .....	yes / no
Dependent relative(s) .....	yes / no

## Sources of Help

Who has helped or encouraged you in the past year? .....

**Review:** Look at the answers you have circled. If you feel an answer is OK or good put a ✓ beside it. If you are not sure put a ? If you are concerned about the answer put an X beside it. You can write a few words to identify the issues you are thinking about for each answer.

You may want to do something about items you have marked with a ? or an X. We can discuss a range of life and career issues. There are ways to stabilise many situations, see **Career First Aid** tips. For \* items see notes on **coping with stress** and for recent life events see notes on **coping with change** from your adviser or online e.g. at [www.eoslifework.co.uk/themes.htm](http://www.eoslifework.co.uk/themes.htm) .

If you are concerned about your health you can ask your doctor or occupational health service for a health check. For other problems e.g. financial or legal issues seek relevant professional advice.