Answer these 20 questions:

1 Do I usually feel stressed or bored before or after work and unhappy while at work?

2 Do my family and friends tell me I seem unhappy at work or that I spend too much time at work?

3 Do I want to change because of my working conditions or someone at work?

4 Can I get help from an organisation or manager to solve my issues with working conditions or someone at work?

5 Is my work against my values or beliefs?

6 Do I know what my skills are and have I listed them?

7 Do I feel that I’m not using my skills or abilities enough? Am I being challenged?

8 Have I learnt new skills that are not being used in my current job?

9 Do I want to stay in the same field of work or have a complete change?

10 Do I understand my own personality and the type of environment I’d prefer working in?

11 Do I know what my interests are? Do I know what my desires for my career are?

12 Could my family cope if I change? Could you cope with a drop in pay?

13 Are there long-term benefits, like a change in salary or position, to my current job if I stay?

14 How will my life be different if I change my career?

15 Will I need to study or retrain? Will my existing skills transfer to a new career?

16 Do I have enough time to recover my study or training costs and loss of income?

17 Is there any way I can try out a new career without quitting my current job?

18 Is there help available in my community to support me as I make the change and help ensure its success?

19 Do I have the patience to spend time in an entry-level position to get to my goal?

20 What are the risks? How willing am I to take these risks?

TIP: Use our jobs database and tools on [www.careers.govt.nz](http://www.careers.govt.nz) to find your career options