

Readiness Assessment

THE REPURPOSEMENT FRAMEWORK

Designing Life After Your Career Ends

Repurposement is not a single decision about what to do next. It is a process of reflection, alignment, experimentation, and contribution that gradually reveals the shape of your next chapter.

Reflect

Understand the transition.

Notice what is ending, what still feels unfinished, and what is beginning to surface.

Align

Clarify what matters now.

Reconnect with your values, your energy, your relationships, and the life you want to build in this stage.

Experiment

Discover direction through experience.

Take small, low-risk steps to test what fits before demanding certainty.

Contribute

Shape your next chapter.

Use your values, experience, energy, and wisdom in ways that feel meaningful now.

Repurposement is not linear. People often move back and forth between these phases. Reflection leads to alignment. Alignment suggests experiments. Experiments reveal new forms of contribution. Contribution creates new insight for reflection.

REPURPOSEMENT TRANSITION READINESS ASSESSMENT

This assessment is designed to help you understand how ready you are for the transition from career identity to life after work.

It is not about having everything figured out. It is about noticing your current posture toward this transition.

Rate each statement honestly using the scale below.

1 = Strongly Disagree

2 = Disagree

3 = Neutral / Unsure

4 = Agree

5 = Strongly Agree

There are no right or wrong answers.

Identity Transition

Statement	Score (1–5)
I can describe myself without referring to my career or former title.	
I am curious about who I might become in this next stage of life.	
I feel less pressure to prove my value through productivity.	
I recognize that my identity includes more than my work.	
I feel open to discovering new aspects of myself.	
Category Total	

Emotional Integration

Statement	Score (1–5)
I have acknowledged the emotional impact of leaving my career.	
I have allowed myself to process feelings about this transition.	
I can talk about my career ending without strong resentment or regret.	
I accept that some parts of my career are complete.	
I feel emotionally available to focus on what comes next.	
Category Total	

Experimentation Mindset

Statement	Score (1–5)
I am willing to explore new activities without knowing the outcome.	
I feel comfortable trying things that may not become long-term commitments.	
I see experimentation as a useful way to discover what fits.	
I am open to redefining what contribution might look like now.	
I believe clarity will emerge through experience rather than planning alone.	
Category Total	

Awareness

Statement	Score (1–5)
I am becoming aware of my natural energy rhythms.	
I am willing to design my life around those rhythms.	
I recognize when I am pushing myself out of habit rather than necessity.	
I understand what activities restore my energy.	
I am learning to respect my limits without guilt.	
Category Total	

Connection Orientation

Statement	Score (1–5)
I am open to building or strengthening relationships outside of work.	
I recognize the importance of community in this phase of life.	
I feel comfortable reconnecting with people in new ways.	
I am willing to create space for new social environments.	
I believe meaningful relationships will remain important moving forward.	
Category Total	

Practical Alignment

Statement	Score (1–5)
My life circumstances allow me some flexibility to explore what comes next.	
I am realistic about my health, finances, and responsibilities.	
I feel able to make choices that support the life I want now.	
I understand the practical factors that influence this transition.	
I am prepared to make adjustments as I learn what fits.	
Category Total	

Interpretation

Early Transition (30–60)

You may still be adjusting to the end of your career or to the idea that this transition is approaching. Reflection and emotional processing may be more important than planning right now. Focus on awareness rather than action.

Exploration Stage (61–100)

You are beginning to explore possibilities for this next chapter. Experimentation, conversations, and small steps can help clarify direction. Focus on trying new experiences and noticing what fits.

Active Repurposement (101–130)

You are actively shaping life after work. You likely have begun experimenting with new ways of contributing, learning, or engaging. Focus on refining alignment with your values and energy.

Aligned Transition (131–150)

You have developed a strong foundation for repurposement. Your identity, energy, relationships, and contribution are beginning to align. Focus on deepening meaning and sustaining what works.

Reflection prompts to place after the interpretation block:

- Which category received your lowest score?
- Which category feels most ready for attention right now?
- What one small step could increase your readiness over the next 30 days?