Transition on Purpose Assessment Rubric

**SELF-AWARENESS AREA OF FOCUS**

**OBJECTIVE**

I have clearly defined what TRANSITION means to me – both personally and professionally:

1 2 3 4 5 6 7 8 9 10

**DESIRED END STATE**

I can clearly describe what successful TRANSITION looks and feels like:

1 2 3 4 5 6 7 8 9 10

**SELF-REFLECTION**

I have a clear sense of who I am and what really matters to me – both personally and professionally:

1 2 3 4 5 6 7 8 9 10

**EQ**

I am able to use emotional information in an effective and meaningful way:

1 2 3 4 5 6 7 8 9 10

**STRENGTHS AND SPIRITUAL WELLNESS**

I have identified my talents, my strengths, and the problems I want to solve in the future:

1 2 3 4 5 6 7 8 9 10

**VALUES**

I have a clear understanding of my personal values to guide my decision making:

1 2 3 4 5 6 7 8 9 10

**PRIORITIES**

I have developed a personal decision matrix of both personal and professional priorities to guide my decision making:

1 2 3 4 5 6 7 8 9 10

I have identified the expectations I have for my actions and those who I chose to spend time with:

1 2 3 4 5 6 7 8 9 10

**EXPLORATION AREA OF FOCUS**

**FOCUS**

I know where to focus when it comes to my personal and professional fulfillment:

1 2 3 4 5 6 7 8 9 10

**CONSTRAINTS AND RESTRAINTS**

I know the energizing activities that need to be part of my daily and weekly routines:

1 2 3 4 5 6 7 8 9 10

I have identified what deenergizes me and I am committed to putting boundaries in place to mitigate their impact in the future

1 2 3 4 5 6 7 8 9 10

**DESIRED INTEREST AREA**

I have identified the people, companies and/or organizations I would be energized to work with:

1 2 3 4 5 6 7 8 9 10

**PERSONAL WELL-BEING**

I know what I want to spend my time on away from work in terms of fun, relaxation, recreation & hobbies

1 2 3 4 5 6 7 8 9 10

**NETWORKING AREA OF FOCUS**

**PERSONAL QUICK REACTION FORCE**

I have a small group of trusted advisors who share my values, challenge me to be better, and hold me accountable:

1 2 3 4 5 6 7 8 9 10

**PROFESSIONAL NETWORK**

I have a professional network of mentors, trusted colleagues, and experienced professionals to support my transition:

1 2 3 4 5 6 7 8 9 10

**DESIRED INTEREST NETWORK**

I have identified the thought leaders, influencers, and experienced professionals in my desired area of interest:

1 2 3 4 5 6 7 8 9 10

**TRANSITION TOOLKIT AREA OF FOCUS**

**MINDFULNESS AND FOCUS**

Mindfulness and gaining a sense of clarity to focus on what’s important is part of my everyday:

1 2 3 4 5 6 7 8 9 10

**PHYSICAL WELLNESS**

I have a physical wellness routine that promotes emotional and mental recovery while enabling the function and mobility I want in my life:

1 2 3 4 5 6 7 8 9 10

**TRIBE - SOCIAL WELLNESS**

I have a strong personal network which provides positive energy, a sense of connection, and accountability:

1 2 3 4 5 6 7 8 9 10

**PURPOSE-SPIRITUAL WELLNESS**

I have a strong sense of what I want to do in the future and why I want to do it:

1 2 3 4 5 6 7 8 9 10

**OPERATIONAL PLANNING AREA OF FOCUS**

I have an adequate and acceptable financial plan in place to support my transition plan.

1 2 3 4 5 6 7 8 9 10

I have an initial transition plan developed which incorporates my timeline, finances, and resource requirements.

1 2 3 4 5 6 7 8 9 10

My current transition plan is adequate enough to meet my definition of transition and my success criteria

1 2 3 4 5 6 7 8 9 10

My current transition plan considers my current timelines and resource constraints:

1 2 3 4 5 6 7 8 9 10

My current transition plan balances the cost and risks associated with the opportunities and advantages gained:

1 2 3 4 5 6 7 8 9 10

My current transition plan is complete and answers the questions of who, what, where, when, how and why:

1 2 3 4 5 6 7 8 9 10

Five Focus Areas:

* Self-Awareness
* Exploration
* Networking
* Transition Toolkit (Mind, Body, Tribe, and WHY)
* Planning

TRQ: Transition Readiness Quotient

Green: .80 - 1.0 or 4.0 – 5.0

Yellow: .60 - .799 or 3.0 – 3.99

Red: 1 - .599 or 1 – 2.99