

# **Ch-Ch-Ch-Changes**

Select all that apply to your/your family's situation. Think about mid-term changes as happening within the next 1 - 3 years, and long-term changes as happening more than 3 years out. I have included instructions on how to calculate your results at the end of the survey.

### Work Life Changes: **Experiencing:** LONG MED -NOW TERM TERM Change my career Get a new job within my same career Get training or education related to work Change my role at work Get a promotion Lose my job (get laid off or fired) Quit my job Get a new manager at work Start or buy my own business Bring a new partner into my business Lose a partner in my business Sell or transfer my business



## **Financial Life Changes: Experiencing:** MED -LONG -NOW TERM TERM Shut down my business Work less Get a less stressful/demanding job Take a sabbatical or leave of absence from work Retire Volunteer **Family Life Changes:** Get married Get separated or divorced Become a widow or widower Help a family member financially Health issues for a loved one Death of a loved one Get an inheritance

Loved one moving in with me (besides a kid)



Loved one moving out (besides a kid) Get a pet	NOW	MED - TERM	LONG - TERM
Children-Related Changes:			
Have a kid or adopt a kid	$\bigcirc$	$\bigcirc$	$\bigcirc$
Hire someone to take care of the kid(s)	$\bigcirc$	$\bigcirc$	$\bigcirc$
Start saving for college	$\bigcirc$	$\bigcirc$	$\bigcirc$
Send a kid to college	$\bigcirc$	$\bigcirc$	$\bigcirc$
Kid moving back in with me	$\bigcirc$	$\bigcirc$	$\bigcirc$
Kid moving out	$\bigcirc$	$\bigcirc$	$\bigcirc$
Kid getting married	$\bigcirc$	$\bigcirc$	$\bigcirc$
Kid (or kid's partner) having a kid	$\bigcirc$	$\bigcirc$	$\bigcirc$
Become an empty-nester	$\bigcirc$	$\bigcirc$	$\bigcirc$

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### Life-Related Changes:

Move out of my parents' (or other relative's) house

Graduate from college or grad school or professional/trade school

Buy a home



NOW	MED - TERM	LONG - TERM
$\bigcirc$	$\bigcirc$	$\bigcirc$

#### How did you do?

o or 1 change in each section: life is fairly stable...just keep your eye out for changes you couldn't have known about!

2-4 changes: you have a lot on your plate. Start saving and planning around these changes now.

**5+ changes:** life is a whirlwind! Assemble your posse of support people and consider some professional help to manage all of this change. You decide where you need the help.