

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.