

WORKSHEET 3

Readiness Assessment

Distinguish external pressure from genuine internal readiness

thebarreraproperties.com/resources · Sonia Barrera

PURPOSE

One of the most important distinctions in any major life transition is knowing whether you are acting from readiness or from pressure. This assessment helps you score your readiness across five dimensions so you can make a decision grounded in honest self-awareness — not fear, urgency, or outside expectation.

HOW TO SCORE: Rate yourself honestly from 1 to 5 in each dimension.

1 = Not at all ready 3 = Somewhat ready 5 = Completely ready

DIMENSION 1 — EMOTIONAL READINESS

I have named what I am feeling and I am not making this decision from fear, grief, or pressure alone.

Score (circle one): 1 2 3 4 5

I am making this decision from a place of: ■ Fear ■ Pressure ■ Readiness ■ All three

DIMENSION 2 — FINANCIAL CLARITY

I understand my current financial position — equity, income, expenses — and I have a realistic picture of what I can afford next.

Score (circle one): 1 2 3 4 5

The financial information I still need before deciding:

DIMENSION 3 — PRACTICAL READINESS

I have taken concrete steps: researched options, spoken to professionals, or begun organizing what a transition would require.

Score (circle one): 1 2 3 4 5

The practical step I have been avoiding is:

DIMENSION 4 — SUPPORT SYSTEM

I have people in my life — family, friends, or advisors — who I trust to support me through this decision without pressuring me.

Score (circle one): 1 2 3 4 5

The person I most need in my corner right now is:

DIMENSION 5 — INTERNAL ALIGNMENT

My gut, my values, and my practical situation are pointing in the same direction. I am not fighting myself about this.

Score (circle one): 1 2 3 4 5

What my gut is telling me that my head keeps overriding:

YOUR TOTAL SCORE

Add your five scores together: _____ / 25

5–12: You need more time, information, or support before deciding. That is not weakness — it is wisdom.

13–19: You are approaching readiness. Identify the 1–2 dimensions holding you back and address those first.

20–25: You are ready. The remaining task is not preparation — it is courage. Trust what you know.

CLOSING REFLECTION

Based on this assessment, what is the one thing I need before I am truly ready?

"You don't need to make a decision yet. You need to understand where you are. And that's exactly what this book will help you do."

— When Life Shifts: Book 1, Situation

When Life Shifts Series · Sonia Barrera · thebarreraproperties.com/resources · sonia@thebarreraproperties.com

Book 1: Situation is available on Amazon. Books 2–5 coming soon.