

Directions for Using the Transition Quotient Assessment Tool

*This assessment tool will help you discover how well you adapt to transition. It examines eight key areas of your life. Please print out these directions and open the worksheet file, TRANSITION QUOTIENT. Next respond to the statements on the worksheet as they best describe your current transition rhythms. Use a number from one to five, with **one** being never true, **three** being sometimes true, and **five** being always true to answer the questions. Items will be automatically totaled.*

Four personal ministry dynamics will be examined: **health, relationships, spiritual life and emotional intelligence**. These will be repeated under four character development sections of **identity, soul care, resiliency, and future building**. This assessment will produce FOUR scores. **FIRST SCORE**. Each subset total will indicate how you are doing in a given dynamic under a specific section. **SECOND SCORE**. This totals each subset score to come up with a subtotal of your character development. Those four totals are carried to the bottom where you can compare and find your areas of strength. **THIRD SCORE**. The scores of the four personal ministry dynamics are brought to the bottom where you can compare and find your areas of strength. **FOURTH SCORE**. This overall score is your transitional quotient composite score of the four character development skills and four personal ministry dynamics. It is a general indicator of your transitional fitness.

These scores will give you specific areas for coaching and mentoring. It is helpful to re-take this assessment from time to time.