

4. What skills do you already have?

Think about all the things you can already do, for example:

- organisational skills
- teaching
- driving
- voluntary work
- people skills
- Ideas and getting initiatives off the ground.

5. Do you want to use your existing skills and capabilities?

You may be thinking that you want a complete change, away from everything, but be sensible. Think about other roles or jobs where you can use the knowledge, skills and capabilities that you have built up.

6. What are you interested in?

When you're thinking about a new career, be sure that it is something you really are interested in. It may be that although your reasons for moving are financial, but other things like having flexibility or being your own boss are more important.

7. What are your values?

Even if you don't think that you have particularly hard-held values, you may be surprised. Think about the things that are important to you. For example:

- doing good
- making a difference
- recognition for hard work and enterprise
- helping others

8. Are you prepared to retrain or start from the bottom again?

Of course, if you are already committed to a complete change, you will need to think of the implications for you and your family. You may have to start from square one again and if you are thinking of retraining, you might want to try something before you commit to it. Make sure you will have the energy and support needed to retrain, understand the cost and time commitment required for the retraining that you may need to undertake.

9. How much money do you need to make?

Crucial! Take a long hard look at you current finances and write it all down: outgoings, income, extra expenses. Have a very clear idea of exactly how much money you need to make over a year.

10. Will you regret it if you don't?

The saying goes that you only regret what you didn't do. In two years time, five years time or 10 years time, will you regret not having made a change?