



NAME: _____ DATE: _____

WHAT QUALITIES DO I HAVE THAT WOULD MAKE SOMEONE WANT TO HIRE ME:

WHAT KIND OF JOBS OR WORK EXPERIENCE HAVE I HAD OR DO I HAVE NOW:

WHAT HELP DO I NEED TO SET A JOB/CAREER GOAL AND TAKE THE STEPS TO GET IT:

What are supports that work well and what does not?

How do I learn best?

What helps me stay motivated?

What is the best way to encourage me?





Steps To Help Me Move Closer To My Job/Career Goal

(you will think about WHO or WHAT can help you with the steps in the STAR)

Things That Might Make It Hard To Get The Job/Career I Want

My Vision for My Job/Career

What is my short term goal for employment? What job or career would I most want to end up doing in the long run?

My vision for a good life

What are the things I must have to apply for or accept a job? Are there things about a job I would prefer (outside/inside; fast/slow pace; salary, schedule, tasks, dress code, work around people or not)?

What I Don't Want for My Job/Career

What kind of jobs do I know I don't want to do? What kinds of things in a job would make me not want to do it?

Not a good life