

**Work & Career Goal Setting @ 3LPlace**

**Areas of work I may wish to increase participation in:**



Get a Job



Take a class



Volunteer



Do household tasks



Shadowing to explore different jobs



I am content with my current work



Other

Past experiences:

**Past work experiences I have include...**



Helping with chores in the house



Volunteering in the community



Working in a store



Other?

Potential job areas:

**Areas I would be interested in working...**



In a library



In a fitness center/gym



In childcare



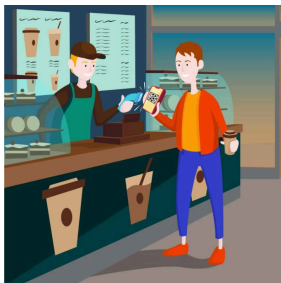
In a retail store



At a local senior center



With animals



In the food industry (cafe, grocery, restaurant)



In a cleaning role

**?** Other

**Skills of a worker word bank**

I possess skills that make me a good worker! I am... (circle all those that apply)

Punctual/On-time

Flexible

Reliable

Team-player

Gets along with others

Focused

Friendly to customers

Computer skills

Organized

Good attention to detail

Enthusiastic/Passionate

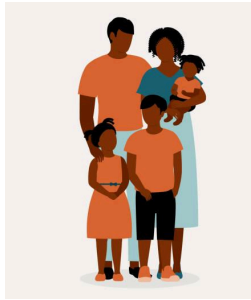
Creative

Positive attitude

Strong

Supports:

The people who might help me achieve my work goals are...



My family



My friends



3L Staff



Caregiver

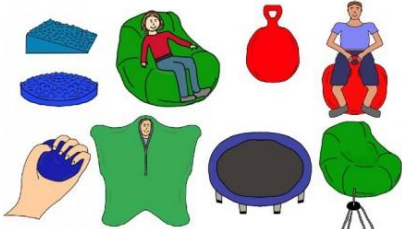


Community groups

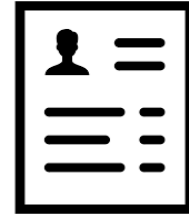


Other

To achieve my work goals, I would want to first learn more about...



Self-regulation strategies I can use at work



How to make a resume



Transportation to and from work



How I will keep track of my schedule



Establishing a support person



Hygiene, dress codes and uniforms



Tips for interviewing



Professional & work-appropriate communication



Workplace advocacy



Other?