Name: Date:

| **Dreams and Goals:** What do you really want to learn or do? What is your dream job? What do you hope your life looks like in 3 to 5 years? | **Interests:** What activities are you enthusiastic about? Do you have hobbies? What are your passions? |
| --- | --- |
| **Talents, Skills and Knowledge:** What are you good at? What are your natural gifts? | **Learning Styles:** How do you learn best? Tell me about a thing you have learned successfully |
| **Values:** What is important to you? What are your passions? What guides your life? | **Positive Personality Traits:** What do people compliment you on? What makes you a good friend? |
| **Environmental Preferences:** Do you prefer to work alone? With people? Outdoors or indoors? In a silent place or noisy? | **Dislikes:** What types of jobs would you hate? What kinds of things do you not like doing? Any “deal-breakers” or things that make you mad? |
| **Work Experiences:** Talk about your previous places you worked. What did you learn there? | **Support System:** Who do you go to for help? Who do you look to for advice? |
| **Specific Challenges**: Are certain things troublesome or hard for you? What might impact your success in the community or at work? | **Solutions and Accommodations:** How do you deal with or overcome these difficulties? |
| Career Ideas, Community Connections and Possibilities to Explore: |  |