

Work Goals Worksheet

The questions below will help you or someone you know who is interested in working think through important aspects of work that will help determine what job is the right fit.

1. *What type of work have I done in the past? What type of work or hobby do I like to do (e.g. working with my hands, using a computer, interacting with people, etc.)? What am I passionate about?*

2. *What kind of job do I want now?*

3. *How might the job I want five years from now be different than the job I want now?*

4. *What are my long-term career goals (e.g., getting promoted, managing people, working for myself, etc.)? Be as specific and realistic as you can.*

5. *Where do I want to work? At home? In an office? Outside? Another setting?*

6. *Do I want to be self-employed or work for someone else?*

After getting a sense of the type of job that you want, figure out what is needed to prepare for it. Ask yourself the following questions to learn how to reach your job goal.

7. *What is my current level of education? What kind of trainings have I had in the past? What type of training or education might I need now to reach my goal?*

8. *Will I need assistance at my workplace? Special equipment? A job coach or special schedule?*

9. *Do I have a particular job in mind or do I need help finding a job?*

10. *Do I need help with my resume or interview skills?*

11. *Do I need help to understand how working might affect my Social Security and other benefits?*

Take some time to think through these questions or talk about them with someone. If you don't have answers for all of them, don't worry! There will be help all along the way!