



The Arc Minnesota

Coaching Series: Employment Exploration



Exploring what you want and need from a job is really important. It is also important to find a job that fits those wants and needs.

Use this worksheet to help you clarify what employment could be right for you.

What are your interests?

What are your strengths or talents?

What are you passionate about?

What are you curious about?



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What do you like?

What do you dislike?

How many hours do you want to work? When do you want to work?

**Would you need/want accommodations?
What support might you need?**

What have your past work experiences been like?