



## Positive Personal Profile

Name:

Date:

<p><b>Dreams and Goals:</b> 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?</p>	<p><b>Interests:</b> What activities are you enthusiastic about? Do you have hobbies? What are your passions?</p>
<p><b>Talents, Skills and Knowledge:</b> What are you good at? What are your natural gifts?</p>	<p><b>Learning Styles:</b> How do you learn best? Tell me about a thing you have learned successfully</p>
<p><b>Values:</b> What is important to you? What are your passions? What guides your life?</p>	<p><b>Positive Personality Traits:</b> What do people compliment you on? What makes you a good friend?</p>
<p><b>Environmental Preferences:</b> Do you prefer to work alone? With people? Outdoors or indoors? In a silent place or noisy?</p>	<p><b>Dislikes:</b> 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?</p>
<p><b>Work Experiences:</b> Talk about your previous places you worked. What did you learn there?</p>	<p><b>Support System:</b> Who do you go to for help? Who do you look to for advice?</p>
<p><b>Specific Challenges:</b> Are certain things troublesome or hard for you? What might impact your success in the community or at work?</p>	<p><b>Solutions and Accommodations:</b> How do you deal with or overcome these difficulties?</p>
<p><b>Career Ideas, Community Connections and Possibilities to Explore:</b></p>	