



"Satisfactions" You Need

 Put a ✓ in the box beside each statement that would bring you satisfaction right now.

- | | |
|--|---|
| <input type="checkbox"/> Feeling important | <input type="checkbox"/> Feeling independent |
| <input type="checkbox"/> Working with words | <input type="checkbox"/> Always knowing what's next |
| <input type="checkbox"/> Being told what to do | <input type="checkbox"/> Dealing with people |
| <input type="checkbox"/> Feeling enthusiastic | <input type="checkbox"/> Being able to express your ideas |
| <input type="checkbox"/> Releasing energy through activity | <input type="checkbox"/> Feeling safe from accidents |
| <input type="checkbox"/> Being treated like a person | <input type="checkbox"/> Making your family proud of you |
| <input type="checkbox"/> Working with numbers | <input type="checkbox"/> Traveling as part of your work |
| <input type="checkbox"/> Getting attention | <input type="checkbox"/> Not having responsibility |
| <input type="checkbox"/> Doing routine work | <input type="checkbox"/> Doing things skillfully |
| <input type="checkbox"/> Being a member of a group | <input type="checkbox"/> Talking to co-workers |
| <input type="checkbox"/> Having responsibility | <input type="checkbox"/> Doing an honest day's work |
| <input type="checkbox"/> Working slowly | <input type="checkbox"/> Talking to others |
| <input type="checkbox"/> Helping other people | <input type="checkbox"/> Encountering unexpected tasks |
| <input type="checkbox"/> Being challenged intellectually | <input type="checkbox"/> Feeling part of something big |
| <input type="checkbox"/> Feeling sure of keeping your job | <input type="checkbox"/> Having convenient working hours |
| <input type="checkbox"/> Working with your hands | <input type="checkbox"/> Doing things on your own |
| <input type="checkbox"/> Feeling proud of yourself | <input type="checkbox"/> Mastering an area of knowledge |
| <input type="checkbox"/> Knowing why you're doing something | <input type="checkbox"/> Feeling loyal to others |
| <input type="checkbox"/> Being liked by co-workers | <input type="checkbox"/> Doing a variety of things |
| <input type="checkbox"/> Achieving your ambition | <input type="checkbox"/> Being promoted |
| <input type="checkbox"/> Working with things | <input type="checkbox"/> Working in pleasant surroundings |
| <input type="checkbox"/> Being judged fairly | <input type="checkbox"/> Having authority over others |
| <input type="checkbox"/> Competing with others | <input type="checkbox"/> Doing work of value to society |
| <input type="checkbox"/> Feeling self-confident | <input type="checkbox"/> Using your capabilities |
| <input type="checkbox"/> Doing precise work | <input type="checkbox"/> Sensing order in your life |
| <input type="checkbox"/> Becoming well known | <input type="checkbox"/> Telling others what to do |
| <input type="checkbox"/> Exercising leadership | <input type="checkbox"/> Liking the work you do |
| <input type="checkbox"/> Feeling suited to your work | <input type="checkbox"/> Being with other people |
| <input type="checkbox"/> Running occasional risks | <input type="checkbox"/> Dealing with ideas |
| <input type="checkbox"/> Being creative or original | <input type="checkbox"/> Feeling useful and needed |
| <input type="checkbox"/> Influencing people | <input type="checkbox"/> Enjoying daily accomplishments |
| <input type="checkbox"/> Moving about at your work | <input type="checkbox"/> Doing things others can't do |
| <input type="checkbox"/> Feeling morally worthy | <input type="checkbox"/> Working by yourself |
| <input type="checkbox"/> Eating good food | <input type="checkbox"/> Having your work praised |
| <input type="checkbox"/> Liking your co-workers | <input type="checkbox"/> Working fast |
| <input type="checkbox"/> Seeing the product of your work | |
| <input type="checkbox"/> Having time and energy for other activities | |

Source: *Career/Transition Planning Forms* (p. 62), by Area Education Agency 4, n.d., Sioux Center, IA: Author. Copyright by Area Education Agency 4. Adapted with permission.

Skills Identification

 Check the skills you possess. Add any other skills you have.

Transferable Skills

- fixing
- observing
- lifting
- creating
- driving
- figuring
- inspecting
- planning
- interpreting
- comparing

- teaching
- remembering
- listening
- packaging
- predicting
- solving problems
- typing
- persuading
- directing
- painting

- leading others
- writing
- critical thinking
- math skills
- anticipating problems
- communicating
- making decisions
- speaking in public
- organizing
- researching

Other _____

Other _____

Technical/Specific Skills

- computer skills
- welding
- feeding animals
- cooking meals
- processing X rays
- plastering walls

- cutting glass
- fitting eyeglasses
- helping patients
- roofing
- installing carpets
- arranging flowers

- driving a backhoe
- recording sounds
- testing water purity
- trimming trees
- reading blueprints

Other _____

Other _____

Personal Skills/Traits

- honest
- careful
- dependable
- punctual
- orderly
- polite
- energetic
- loyal
- hard working

- competitive
- persistent
- friendly
- mature
- positive
- self-starter
- quiet
- cooperative
- discreet

- tactful
- assertive
- outgoing
- fast learner
- positive attitude
- interested in work
- neat appearance
- motivated
- self-promoting

Other _____

Other _____

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