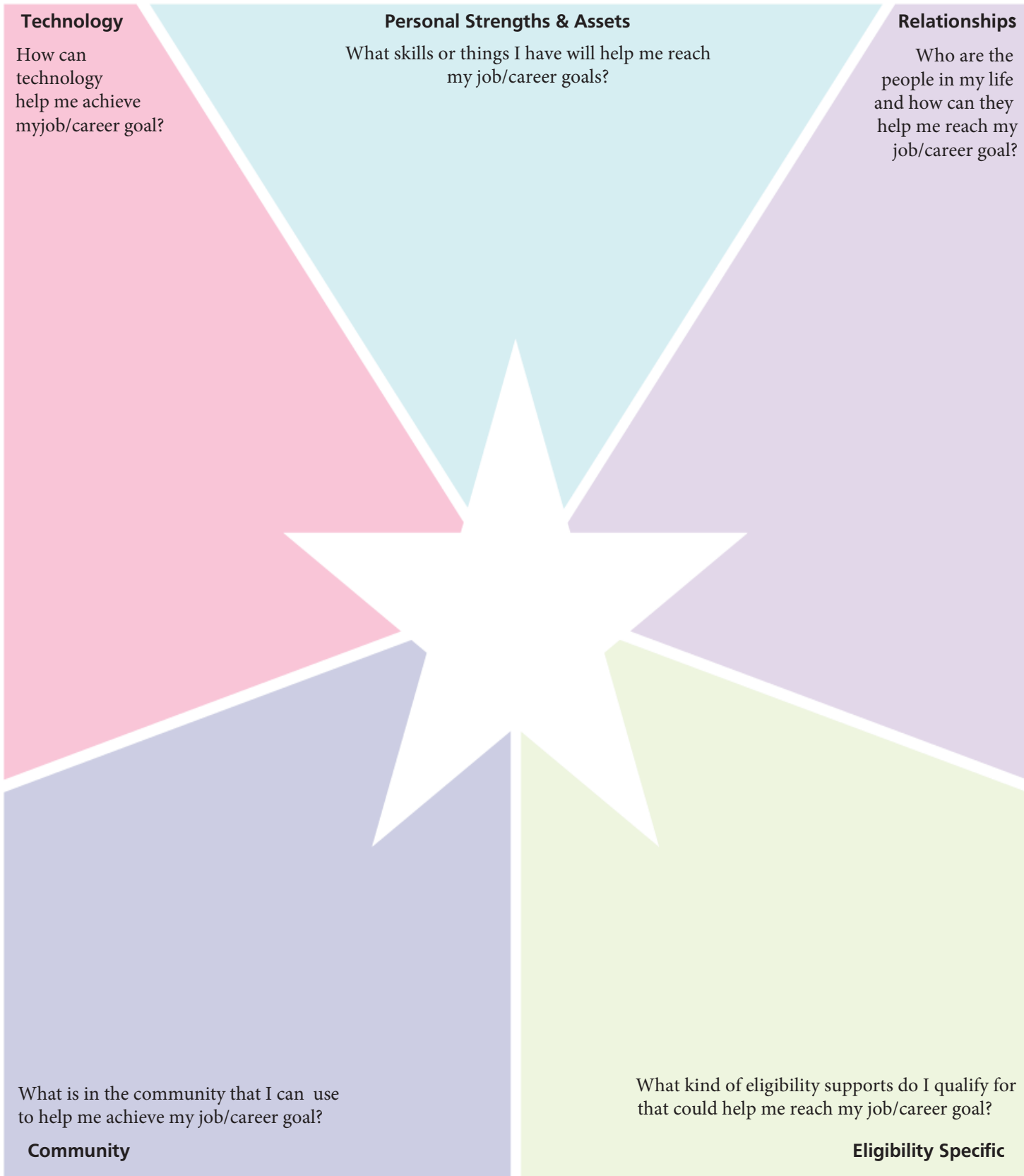




# LifeCourse Integrated Supports Star: Mapping



Access the LifeCourse framework and tools at [lifecoursetools.com](http://lifecoursetools.com)



# Charting the LifeCourse: Exploring Employment

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## WHAT AM I GOOD AT OR INTERESTED IN?

List things that you've been told you do well, or you feel good about. What do you do that you are proud of or think is important? What would you like to learn more about or try? For example - you're a "people person" or like helping others.

## WHY IS IT IMPORTANT TO ME TO WORK?

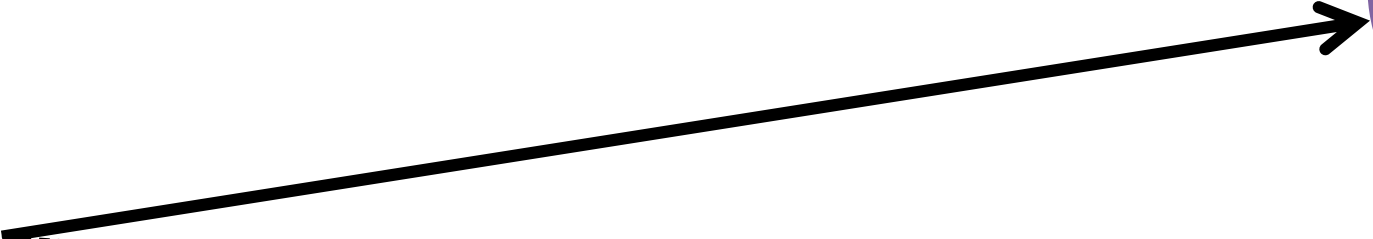
List reasons you want to get a job or have a career. What are your thoughts on working? It could be you want to make money to have or do the things you want, or because you want to have a meaningful way to spend your days.

## WHAT DO I NEED TO HELP ME FIGURE OUT WHAT I WANT TO DO?

List supports that are helpful to you and what is not. What specific support do you need to figure out what kind of job you would like and be good at? What do others need to know to best be able to help you explore jobs/careers?

# LIFE TRAJECTORY WORKSHEET: EXPLORING EMPLOYMENT

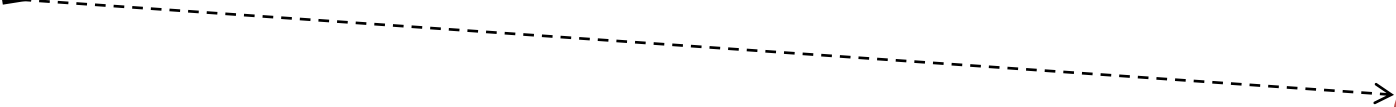
**THINGS IN THE PAST THAT HELPED ME GET CLOSER TO MY GOAL(S):**  
*List things here that have happened in the past that have helped get closer to having the good life you want, and especially have helped you get closer to your job/career vision or goal.*



**MY VISION**

<p><b>MY VISION FOR A JOB/CAREER</b></p> <p><i>What would your dream job be? Is there a job you've always wanted to do? What could you see yourself wanting to do every day? What kind of job would help you make your good life possible?</i></p>	<p><b>MY VISION FOR A GOOD LIFE</b></p> <p><i>List your hopes and dreams of what you want your life to look like. What needs to be in your life for it to be good? People you want in your life, places you want to go, where you want to live. What would be your best day ever?</i></p>
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**THINGS IN THE PAST THAT PUSHED ME AWAY FROM MY GOAL(S)**  
*List things that have happened in the past that have stopped me or gotten in the way of my good life or getting closer to the vision of the job/career I want.*



**DISLIKES**

<p><b>WHAT I DON'T WANT FOR MY JOB OR CAREER</b></p> <p><i>List the kind of jobs you know you wouldn't want to do. What would make you NOT want to go to work everyday? What is the worst kind of job or work setting you can think of?</i></p>	<p><b>WHAT I DON'T WANT IN MY LIFE</b></p> <p><i>List the things you know you don't want to happen or be part of your life? What would be your worst day ever?</i></p>
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