

Opening Doors for **Everyone**



*Providing Outstanding Customer
Service at One-Stop Career Centers*

Toolkit – Tools, Templates & Worksheets: Strengths and Goals Self- Assessment (For Customers)

For additional resources visit: <https://doors.workforce3one.org>

This toolkit was developed by Social Policy Research Associates in collaboration with ETA's Older Workers Program, Disabilities Program, Indian and Native American Program, and Migrant and Seasonal Farmworker Program. U.S. Department of Labor Task Order DOLU101A21498.



STRENGTHS AND GOALS SELF-ASSESSMENT (FOR CUSTOMERS)

Write your strengths and goals in the columns below. This is not a one-time activity but one you can revisit as you gain new strengths and reach your goals. This exercise can be used when you are seeking employment or looking to change other areas of your life.

<p><u>Strengths</u> What do you do well? What do people like about you? When are you most fulfilled?</p>	<p><u>Goals</u> What are your dreams? What support or training do you need to realize your goals? What steps can you take to reach your goals?</p>
<p>What new skills have you gained?</p>	<p>What goals have you reached? What new goals do you have?</p>