Write your employment goal in the center of the star. List ideas for supports and strategies to make your goal possible in each of the categories.

**Technology**
How can technology help me achieve my goal?

**Personal Strengths & Assets**
What are my assets and strengths that will help me achieve my goal?

**Relationships**
Who are the people in my life and how can they help me reach my goal?

**Community Based**
What community assets can I use to help achieve my goal?

**Eligibility Specific**
What kind of eligibility supports could I access and how will they help me reach my goal?

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**My LifeCourse Employment Portfolio**

**'s ONE-PAGE PROFILE**

What people like & admire about me

What's Important to ME

How to Best Support ME

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Access the LifeCourse framework and tools at lifecoursetools.com

Adapted from The Learning Community for Person-Centered Practice and Helen Sanderson Associates (helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates/)

My LifeCourse Portfolio is a template of the UMKC IHD, UCEDD. More materials at lifecoursetools.com
Employment Trajectory Worksheet

**Past Life Experiences**
LIST past life experiences and events that support your employment vision.

**Future Life Experiences**
LIST current/future life experiences that continue supporting your employment vision.

LIST past life experiences that push the arrow toward things you don’t want.

LIST life experiences to avoid because they push you toward things you don’t want.

VISION for a GOOD LIFE
LIST what you want your OVERALL “good life” to look like...
LIST what you want for your “good life” EMPLOYMENT vision...

Conditions:

Preferences:

Support Needs:

What I DON’T Want
LIST what you DON’T want in your OVERALL life...
LIST the things you don’t want in EMPLOYMENT...

Write current age here