

Work Goals Activity Worksheet

The Work Goals Activity allows each youth to create a list for use when talking to people about their goals for work and careers. This form can be downloaded, saved and/or printed. This worksheet activity helps youth prepare to meet with people who ask the following questions:



- What do you want to do?
- What are your plans for work?
- What work or career goals do you have?

Complete the form by answering the below questions.



Question 1: What are you passionate about? What do you love to do??

- 1.
- 2.
- 3.



Question 2: What job or work do you want to do?

Hint: When picking what you want to do for a job or work, think about your answers to Question 1! If you love to do something, you can take that passion and find a job that you will love to do, too!



Question 3: Who will help you in setting work goals and getting your job?

- 1.
- 2.
- 3.

Hint: Do you have a teacher, family member or friend that can be an adult ally or mentor? What employment support providers can help you?



Question 4: What steps do you have to take to reach your job or work goal? You might have 3-4 things or you might have a longer list, each person has their own path to work.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Hint: Do you need to take education or training to learn more about how to do the job? Do you need to research what jobs are available near you? Do you need to work with an employment service provider or job coach to help in your transition to work?

Go to the next page to finish the activity!



Charting Progress: Keep notes about what steps you are taking to reach your job or work goals. This is your place to track your progress to work!

Example Progress Chart

Date	Activity	Notes
3/8/22	Created work goals	Learned from Dani and Jenny and started my path to work
3/10/22	Talked to my teacher about my work goals and updated my steps list	Learned I needed to take a class in order to be able to do the job I want

Progress Chart for (insert your name here)

Date	Activity	Notes



Congratulations!

You did it! These are your Work Goals and the steps to take you to get the job and career you want! Remember to update your list as you learn and grow.