

Personal Profile Worksheet

Name: _____

Instructor: _____

Complete each section with specific examples or ideas.

Part One: Identify future education and career/life goals

1. _____

2. _____

Part Two: Describe your interests, values, skills, strengths, needs that influence future education and career life/goals

1. _____

2. _____

3. _____

Part Three: Describe areas that you struggle with or need additional support

1. _____

-
2.

 3.

Part Four: Identify pathways that lead you to your future education and career life/goals (e.g., Apprenticeship programs, University, college, training programs)

1.

2.

3.
