



## Motivation

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### Career Anchors (page 55)

My primary career anchor is: \_\_\_\_\_

My secondary career anchor is: \_\_\_\_\_

*Read through the descriptions of your primary and secondary anchors (pages 56-60) and briefly discuss the ones that apply to your current position.*

### Values and Needs (pages 66-68)

*List up to fifteen values or needs that are satisfied by your current job.*

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*Describe how your current position satisfies your most important values and needs.*

## Skills

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### Most Important Motivated Functional Skills (pages 74-78)

*Select up to five people, data, and thing skills you would most like to include in your work life that are currently at an acceptable level of development.*

#### People

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Data

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Things

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Most Important Adaptive Skills (pages 81-85)

*Select up to fifteen adaptive skills/personal qualities you would most like to use in your work life that are currently at an acceptable level of development.*

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

# Development Needs

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## Values and needs not yet satisfied (pages 61-65)

List up to 15 of your values or needs “not yet satisfied” by your current job. Prioritize by writing a 1 in the box to the left of the value or need you consider your highest priority, a 2 for the next most important value or need, etc., until you have selected the five that are most important.

—	_____	—	_____	—	_____
—	_____	—	_____	—	_____
—	_____	—	_____	—	_____
—	_____	—	_____	—	_____
—	_____	—	_____	—	_____

## Most Important Internal Barriers in Need of Reduction or Elimination (page 93)

Select up to 15 internal barriers that you would most like to reduce or eliminate from your work or life. Prioritize by writing a 1 in the box to the left of your most important work-related barrier, a 2 for the next most important barrier, etc., until you have selected the five that are most important.

—	_____	—	_____	—	_____
—	_____	—	_____	—	_____
—	_____	—	_____	—	_____
—	_____	—	_____	—	_____
—	_____	—	_____	—	_____

## Functional Skill Development Needs (page 79)

Select up to five each of people, data, and thing skills you would most like to include in your work life that need development. Write them in order of your perceived need for development. You need not include all three categories.

People	Data	Things
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Adaptive Skill Development Needs (page 86)

Select up to 15 adaptive skills you would most like to use in your work life, which you feel you need to develop. Prioritize by writing a 1 in the box to the left of the adaptive skill you consider to be most important, a 2 for the next most important quality, etc., until you have selected the five that are most important.

—	_____	—	_____	—	_____
—	_____	—	_____	—	_____
—	_____	—	_____	—	_____
—	_____	—	_____	—	_____
—	_____	—	_____	—	_____