

## **Positive Personal Profile**

Dreams and Goals:	Interests:
What do you really want to do? What is your dream job? What would be fun to do?	What activities are you enthusiastic about? Do you have hobbies?
Talents, Skills and Knowledge: What are you good at? What are your natural gifts?	Learning Styles: How do you learn best? Tell me about a thing you had learnt successfully.
<b>Values:</b> What is important to you? What things guide your life?	<b>Positive Personality Traits:</b> What have you done successfully? Why do you think you had succeed in it?
<b>Environmental Preferences:</b> Do you refer to work alone? With people? Outdoor or indoor? In a silent place or noisy?	<b>Dislikes:</b> What type of jobs would you not like to do.
<b>Work Experiences:</b> Tell me about your previous work places what have you learn there?	Support System: Who helps you when you face difficulty? Who migh give you an advice?
<b>Specific Challenges:</b> Do you have specific difficulties that might impact your process?	Solutions and Accommodations: Have you tried to deal or overcome these difficulties

Career Ideas and Possibilities to Explore