

Session 1: LET'S GET STARTED!

PURPOSE: The purpose of this session is twofold: (1) to orient Participants by explaining the benefits of JfL, determining their expectations of the JfL course, and reviewing what is expected of JfL Participants, and (2) to create an exciting, welcoming environment for the Participants — one in which they experience community and begin to understand their value.

SESSION FOCUS

- Orientation
- Introductory Activities
- Values, Goals, and Purpose
- JfL Benefits and Expectations

JOBS FOR LIFE OVERVIEW

Participants are here to begin a journey — a journey from unemployment to employment. But they are also on a bigger journey, a journey through life. Employment is an important part of that journey. This course will help them figure out what their destination is and how to get there. **To decide where they are headed, they have to know where they are starting.**

Jobs for Life uses the Bible as a textbook, a tool to help us make sense of life. The Bible provides stories and examples of people who have overcome barriers to succeed. These stories transcend time, age, class, race, and culture. Jobs for Life Participants may come from a variety of faith backgrounds and may have different views of God. The goals are to help Participants understand that they have value and are loved by God, and to see how timeless Biblical principles can help them achieve balanced and productive lives.

The journey that brought each of us here has been different. Things happen along the journey that can affect our ability to become or stay employed. In this course we want to examine the disappointments that have weighed us down in the past. Jobs for Life will help us make sense of where we have been so that the past does not get in the way of our abilities to provide for our families and ourselves in the future.

MATERIALS & RESOURCES NEEDED:

- Site Leadership, Champions and all volunteers.
- Champions to bring in items that are valuable to them, but not necessarily to others for Section 1.5
- JfL Graduate Testimony recording, computer and projector OR a past JfL graduate to visit in person and share his/her story
- Copies of Jobs for Life Participant Job Description Handout and Required Task 1
- Local Site JfL Schedule (Not included in JfL Toolkit)
- Writing board/markers
- (Optional) Local Business Representative to talk about value of JfL training

Note: Given that some Participants may decide Jobs for Life is not for them, we suggest that you wait until Session 2 to give out Participant Guides.

TECHNOLOGY TIPS:

Sites with technological resources should use every opportunity to use those tools for the JfL course. Technology users are highly valued in the workplace, so it is vital to have Participants see technology used during the JfL course.

Some of the Participants will have a computer at home or a laptop. Others will need to use computers either at the JfL site or in local libraries in the area. Additionally, many of the Participants will have a smart phone or other mobile device and they should be encouraged to use it as a tool in their job search.

Refer to the reference section for a list of user-friendly tools.

Specifically, for this session,

- Standard PowerPoints and Word documents are useful to project JfL information.
- Use WordClouds.com (www.wordclouds.com) to create an online poster of Participant responses.
- Use the Prezi tool to house and present the JfL orientation material for Session 1.

FACILITATOR'S NOTES:

1. Familiarize yourself with the "Foundational Message" that begins each session. Refer to these messages throughout the session in order to connect JfL Biblical principles with the value of work. If possible, post or project the Foundational Message each session and have volunteers (Participants, Champion) read at the beginning of the session. Optional: Make the Foundational Message a memory verse for the week.
2. Note: As you teach the Biblical material, you will need to be sensitive to the Participants' varying views of God and faith. While the JfL course is taught from a Christian view of God that is based on the Bible, the goal of Jobs for Life is not to pressure anyone to believe a certain way, but rather to help Participants understand the ways timeless Biblical principles can help them achieve a productive life. Your job as the facilitator is to strive to create an encouraging and nurturing environment where everyone is comfortable to freely discuss matters of faith.

FACILITATOR'S NOTES *(continued)*:

3. **Optional:** Post and discuss a Word of the Day — Courageous. Ask Participants what the word means and how it applies to their life and experiences. Consider ways to show the meaning of the word with a story, a picture, a song or poem, a Biblical or modern character, or in some other way.
4. All Jobs for Life site leadership team members, especially Champions and volunteers should be present and introduced as the core of that support system.
5. Setting the tone for this session is essential for setting the tone of the entire training course. Session 1 is a critical stepping point for Participants as they evaluate what JfL is all about and whether it is worth their investment of time and effort. Extend a warm welcome to all. We suggest that refreshments be provided and that upbeat, uplifting music be playing in the background as Participants arrive.
6. Beginning with Session 1, it is important to welcome the Participants, to help them see their value, and to demonstrate the support system available to them during the JfL course.

BIBLE REFERENCES:

2 Timothy 3:16–17, Psalm 139:14, Genesis 1:26, Jeremiah 29:11

OUR GOALS:

- To welcome, meet, and orient Participants using the concept of a “life journey”
- To explain some of the activities that will take place over the duration of the course
- To begin building relationships that will carry through the JfL course and beyond

RECOMMENDED APPROACH:

1. Welcome each Participant and ask him/her to sign in and complete a nametag.
2. Introduce yourself.
3. Have the Champion and JfL team introduce themselves and describe their roles in the organization.

TALKING POINTS:

Welcome to Jobs for Life! We thank you for demonstrating the courage and the strength it takes to grow so that you can achieve your goals and dreams.

Each of you is here to begin a journey — from unemployment to employment, or from under-employment to better employment.

What is your “life journey”?
The journey that brought each of us here has been different.

We will help you identify where you have been, where you are, and where you want to go on this journey.

Our goal, through the Jobs for Life course, is to help you see your employment as part of your life journey.

We are in this together and we will support one another.

1.1 Welcome, Let’s Get Started (10 Minutes)

1.1 Welcome, Let’s Get Started

PURPOSE: The purpose of this session is twofold: (1) to explain the benefits of the JfL, determine expectations of the JfL training course, and review what is expected of JfL Participants, and (2) to create an exciting, welcoming environment — one in which we experience community and begin to understand our value.

FOUNDATIONAL MESSAGE: *Understanding God’s Plan Begins With Knowing God’s Word, 2 Timothy 3:16–17*

When we want to learn about God’s standard for living, we do not have to look any further than the Bible. In the book of 2 Timothy 3:16–17, Paul writes about the importance of knowing what God says in the Bible, “All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.”

When we begin to learn what is true according to God, our lives will really begin to change and we will be prepared to learn what God’s plans for us are all about.

TODAY’S DESTINATION

- Orientation
- Introductory Activities
- Values, Goals, and Purpose
- JfL Benefits and Expectations

BEGINNING A JOURNEY

You are on a journey through life. Employment is an important part of that journey. This Jobs for Life course will help you figure out what your destination is and how to get there.

“Life Journey” is a term that describes our progression through life.

Most people only realize they have been on a “life journey” when they look back at the past. But when we wait until the end of the journey to think about what is important, we miss opportunities.

OUR GOAL:

For Participants to get to know one another by briefly stating their reasons for attending Jobs for Life.

RECOMMENDED APPROACH:

Format: This is a **Group Discussion**.

1. Include all Participants in this exercise (Champions, leadership, and volunteers, etc.).
2. Write on the board the question: **Why are you here?**
3. Ask Participants to stand by their seats, state their names, and a brief reason why they came to Jobs for Life.
4. The Facilitator goes first (Facilitator and Champion should participate along with Participants by answering the same questions and sharing their personal experiences).
5. Quickly list Participants' reasons for being here on the left-hand side of the board. Sample responses: a job, family, friends, and things they wanted to do, but never completed.
6. Review the foundational message and remind Participants that when we begin to learn what is true according to God, our lives will really begin to change and we will be prepared to learn what God's plan for us is all about.
7. **Note:** It will not be necessary to comment or expand on the Participants' reasons for being in Jobs for Life at this point. You will refer back to Activity 1.2 in Activity 1.6, at which time you will engage the group in a more detailed discussion around the topic of why they are at Jobs for Life.

1.2 Introductions (15 Minutes)

1.2 Introductions: Why Am I Here?

Jobs for Life training is designed to help me discover God's purpose and plans for me, especially as they relate to employment.

Why am I here?

OUR GOAL: To clarify what is expected of Participants in Jobs for Life by defining the anticipated benefits of the Jobs for Life course for Participants.

RECOMMENDED APPROACH:

Format: This is a **Guided Reading** and **Lecture**. Either the Facilitator or a Champion can perform the following:

1. Introduce the concept of “goal” with a few examples from real life. Then, explain each of the four steps. (See the Talking Points in the margin of page 5 for ideas).
2. Hand out and review Participant Job Description. Note that each person involved — whether a team member or Participant — has roles to play and responsibilities to fulfill in the Jobs for Life course. Emphasize that roles and responsibilities are summarized in a job description similar to what you may find in a place of employment.
3. Tell Participants that such responsibilities will stretch them and sometimes go beyond their comfort zones, but that the JfL team will assist them in getting the most out of the course.
4. Give Participants the opportunity to ask questions about what is expected of them.
5. Emphasize the JfL Graduation Requirements. Take the time to review and explain each.

continued on next page

1.3 Jobs for Life Benefits and Expectations (15 Min.)

JfL PARTICIPANT GUIDE

1.3 Jobs for Life Benefits And Expectations

The Jobs for Life Journey will guide me on a path to:

Define My Goals

Identify My Roadblocks

Overcome My Roadblocks

Define My Path to Success

THROUGH JOBS FOR LIFE TRAINING I WILL:

- Discover how to match my interests and skills with a career path that can sustain me in the future.
- Develop a roadmap that will guide me to my selected job.
- Learn how to identify and overcome roadblocks in my path.
- Learn why character is the most important quality I need to be successful.
- Learn how to research, locate, and secure a job.
- Learn how to stay employed and advance to higher positions once I have a job.
- Develop friendships with other Participants, Champions and Facilitators, and meet a number of the employers and community resource providers who want to help me along my journey.
- Develop character traits and tools to stay on the right path for continuing progress until I reach my employment goals.

LET'S GET STARTED _____ 3

RECOMMENDED APPROACH (CON'T):

6. Share with the group how the graduation ceremony is a very important part of Jobs for Life. It is a time when graduates are affirmed through a formal graduation and receive a graduation certificate. It is a time of celebration that will be shared with family and friends.
7. Distribute and review the JfL schedule (i.e., dates and times).
8. Ask for any discussion or questions.

1.3 Jobs for Life Benefits and Expectations (15 Min.)

1.3 Jobs for Life Benefits And Expectations

WORKPLACE WAYS: THE JOB DESCRIPTION

- Every job has a job description.
- The job description, whether written or verbal, is a very important tool in the workplace because it clearly outlines the requirements and responsibilities expected from each position within a company.
- The stated job requirements and responsibilities become the point from which the actual job performance is evaluated and measured to determine the impact and success of the individual in that position.

Jobs for Life Participants have a specific Job Description for Jobs for Life training. As in all things in life, those who apply the most effort will reap the greatest benefits from the Jobs for Life journey.

TALKING POINTS:

STEP ONE: DEFINE MY GOALS.

A goal is an outcome that a person envisions, plans, and **commits to achieve**. It is something we want enough to make an effort, step by step, to reach it. No matter how much we want something, no matter how much fun it is to dream about it, it is not a goal until we are prepared to work on it by taking the steps to make it reality.

STEP TWO: IDENTIFY MY ROADBLOCKS.

Specific events in life that dramatically affect our forward progress are called **roadblocks**. Most roadblocks are not permanent and can be overcome. In our lives, God sometimes uses roadblocks to set us on new paths, leading us to greater accomplishments than we might have ever imagined.

STEP THREE: OVERCOME MY ROADBLOCKS.

Sometimes we need additional education or training to overcome a roadblock. Some roadblocks are caused by our actions and we need to change our habits. Still other roadblocks are caused by hurts or injustice in our past and we may need to seek counseling or forgiveness.

STEP FOUR: DEFINE MY PATH TO SUCCESS.

Each of you will be able to determine your skills, interests, and opportunities for success. From this you will be able to define specific steps, or a vocational plan, to a successful job or career.

1.3 Jobs for Life Benefits and Expectations (15 Min.)

1.3 Jobs for Life Benefits And Expectations

JOBS FOR LIFE PARTICIPANT JOB DESCRIPTION

JOB TITLE: *Jobs for Life Participant*

OBJECTIVE: *To develop skills and character that will lead to success in finding and keeping a job.*

RESPONSIBILITIES: *To complete the Jobs for Life training by:*

- Attending all sessions on time and being prepared
- Completing all in-session and additional assignments
- Being prepared to actively participate in group discussions and presentations
- Taking responsibility for your own learning experience
- Being open and asking for help as needed
- Serving as an encourager to fellow Participants
- Contacting the Champion or Participant Leader if unable to attend any session
- Actively seeking employment or training throughout the Jobs for Life course
- Applying newly learned principles, skills, and knowledge

QUALIFICATIONS AND REQUIREMENTS:

- A desire to obtain employment
- A commitment to complete the training course
- A willingness to enter into community with Jobs for Life volunteers

TIME NEEDED:

- Sessions are held every _____
- Sessions begin promptly at _____ and ends at _____
- Jobs for Life Graduation date: _____ at _____ (AM/PM)

GRADUATION QUALIFICATIONS:

- Complete all in-session assignments and Required Task Assignments
- Complete a Vocational Plan, 60-Second Commercial and a résumé
- Miss no more than three (3) sessions
- Make up any session missed prior to graduation by completing the session and demonstrating knowledge of the material
- Be diligent in learning and applying course material

LET'S GET STARTED _____

1.3 Jobs for Life Benefits and Expectations (15 Min.)

1.3 Jobs for Life Benefits And Expectations

BENEFITS

Jobs for Life graduates have had a high success rate in finding and keeping a job that provides the opportunity for better pay, benefits, and growth.

THOUGHTS TO CONSIDER

To get the most out of this training, I will need to:

- Be honest with myself and my fellow Participants
- Dream of and envision where I want to go with my life
- Actively participate in Jobs for Life Training
- Ask for help as needed
- Stretch beyond my current boundaries
- Trust others and build sustaining relationships
- Identify and tap into available resources
- Make changes in areas of my life that hold me back from moving forward

OUR GOAL:

To address questions Participants have about the Jobs for Life course.

MOTIVATION:

We want you to join us on this journey! Now that you have seen and heard what Jobs for Life is about, what is expected of you, and what you could accomplish, we hope you will commit to attending the JfL course.

RECOMMENDED APPROACH:

Format: A **Large Group Discussion**

1. Refer back to the Participants' expectations developed at the beginning as a "reality check" for Participants to see that their success in Jobs for Life is dependent on their willingness to make a full commitment to attendance and participation in the course.
2. Discuss each of the FAQs listed in the Participant guide.
3. Have the Champion write on the board the following brainstorming question:
What may keep me from completing this course?

Encourage Participants to think of as many reasons as possible that would keep them from completing the JfL course. Have the Champion list all responses from the brainstorm and discuss.

1.4 Frequently Asked Questions (10 Minutes)

1.4 Frequently Asked Questions

Eight weeks (15 sessions) is a long time. Why should I spend that much time in this training?

This is an investment of your time and it should be a good investment. You may have heard of other courses that didn't work or didn't provide as much as they promised. The Jobs for Life training has spread to locations across the United States because of its past successes with Participants.

Should I just try to find a better job by myself?

This investment will give you a support network that will last for months — and in most cases, years — after graduation. Whether or not you choose to complete the course, eight weeks will still go by. Those who decide not to participate will likely be in the same position as now, while Jobs for Life graduates will have a new direction toward an abundant life.

Are the benefits of this training worth the effort?

The Participants' initial job leads to other opportunities including independent housing, increased access to health care, newer cars, college or vocational education, and for some, perhaps even their own businesses. More importantly, if you apply the principles taught in Jobs for Life, it will change how you balance all aspects of life, from your physical, spiritual, and mental health to building and maintaining meaningful relationships with family, friends and community connections — benefits that reach far beyond the workplace. Most Jobs for Life Participants have families that also benefit from their involvement with Jobs for Life.

The goal of Jobs for Life is to provide you with the skills needed for finding and keeping meaningful work at a livable wage. As part of this process, you will develop a long-term plan that details an employment goal and the means to reach it.

There are several types of work:

- **Casual work** is the sort of position where you do personal service or odd jobs for others. Casual work often does not involve regular hours and does not provide benefits.
- A **job** is a position that pays a good wage and offers benefits, but does not usually require much change or growth or long-term commitment. **Part-time jobs** offer fewer hours, and usually few (or no) benefits.
- **Contract work** is when you agree to do a specific job for a fixed rate of pay for a fixed amount of time. Contract work usually lasts for a relatively short amount of time, such as 6 months. Contract work rarely includes benefits, but sometimes contract positions can lead to full-time jobs.
- **Internships** are work experience opportunities, usually for students, that can sometimes lead to full-time positions. Internships usually last for 1–4 months and can be paid or unpaid positions.
- **Volunteer work** is typically done for non-profit organizations. While it is unpaid work, it can allow you to learn or build on skills that can lead to paid work.
- A **career** is when you have a long-term strategy of advancement and growth in a particular line of work. You may hold one or more jobs as you pursue your long-term strategy. In a career, you think about what new and interesting things you can learn in order to increase the value you offer to employers.

The life principles and tools taught in Jobs for Life apply to all of these types of work. The course will also teach you how to plan and strategize your employment goals, leading you to develop a career mindset.

1.4 Frequently Asked Questions (10 Minutes)

1.4 Frequently Asked Questions

What if I want to be self-employed?

As you discover your interests and aptitudes and develop your employment goal, you may find that your long-term goal is being self-employed. While the Jobs for Life training does not specifically address owning a business, it will teach you important life lessons and skills that will help along the journey to self-employment. Additionally, Jobs for Life will introduce you to community resources that help small business owners.

What questions do you have about the Jobs for Life course?

WE WANT YOU TO JOIN US ON THIS JOURNEY!

Now that you have seen and heard what Jobs for Life is about, what is expected of you, and what other Jobs for Life Participants have accomplished, we hope you will commit to attending the Jobs for Life course.

OUR GOALS:

- To learn more about the concept of a "life journey"
- To help Participants recognize that we are all valuable to God due to His unique plan for each one of our lives

RECOMMENDED APPROACH:

Format: A **Time to Share**

1. **Explain to the Participants that they are valuable to God and to us, and we will treat each other respectfully.**

In Jobs for Life, we will learn what God says about who He created us to be because knowing that will change the rest of our journey. In this course, you will be treated with the respect and dignity you deserve as God's unique creation. You will be encouraged to show the same respect and dignity to one another.

2. Ask the Champion(s) to bring and share an item that has great value to them, but is not obviously valuable to others. Have them explain why the item is so valuable. Ask if others have items like this that are valuable only to them and let them share their stories if they wish. Their stories might be funny or emotional — encourage the sharing and make this an enjoyable activity.

3. Explain that, like these treasured items, we have great value to God. Even though others might not see our value (and we ourselves may not always see

1.5 My Value and My Purpose (10 Minutes)

1.5 My Value and My Purpose

BIBLICAL PERSPECTIVE: I am valuable to God and He has a plan for me

The Bible says that I am "fearfully and wonderfully made" (Psalm 139:14), created in the image of God (Genesis 1:26), and God loves me and has a purpose for me. That makes me precious to Him.

"For I know the plans I have for you," says the Lord, "They are plans for good and not for disaster, to give you a future and a hope." (Jeremiah 29:11)

One of our goals through Jobs for Life training is to help you discover God's plans for your life.

Have you ever considered that God has a special plan for your life?

LET'S GET STARTED

OUR GOAL:

To explain how we learn from the experiences of others by looking at the results that follow the choices they make.

RECOMMENDED APPROACH:

Format: A **Presentation**

1. Introduce the presentation by discussing the Biblical perspective that struggle is a part of everyone’s life because we are separated from God by our sin.
2. Show the Graduate Testimony video to the group. Optional: Invite a past JfL graduate visit to briefly share his/her story.
3. Wrap up this section by discussing how our life choices and commitments make a difference. The difference between whether we overcome our roadblocks or allow them to take us down depends on the choices we make to set a new direction for our lives and our commitment to do what it takes to follow through.

TALKING POINTS:

The Bible tells us that trouble is a part of life and that we should expect it. Suffering and weakness are parts of human life. We all need help to make sense of our struggles and suffering.

God calls us to accept responsibility for our choices and to be accountable to other people and to Him. He instructs us to obey authority, to be honest and humble, and to persevere with patience and kindness. When we follow God’s standard and seek His help, we can avoid and overcome many roadblocks along the journey.

1.6 Learning from Other’s Life Journeys (15 Minutes)

1.6 From Others: A Message From Jobs For Life Graduates

Throughout JfL, we will learn from the lives of others — people who have been where you are now and persevered to graduate, and people who lived thousands of years before you. Learn from each message and from the trials and successes of others about how you too can experience the fullest benefits from Jobs for Life.

BIBLICAL PERSPECTIVE: Struggle is part of life

“Here on earth you will have many trials and sorrows.” John 16:33

I can’t avoid trouble by being on my best behavior.

“No one is good-not even one.” Romans 3:10

“For all have sinned; all fall short of God’s glorious standard.” Romans 3:23

Notes from Jobs for Life Graduate story:

1.6 Learning from Other's Life Journeys (15 Minutes)

 PARTICIPANT GUIDE

1.6 From Others: A Message From Jobs For Life Graduates

Our life choices and commitments make a difference. Our choices determine whether we overcome our roadblocks or allow them to stop our forward progress; through our choices we can set a new direction for our lives and commit to do what it takes to reach our new destination.

THOUGHTS TO CONSIDER

- Even though God has planned our individual journeys, we are responsible for our choices. Each day we have to choose whether to follow God's plan for our life or our own plan.
- Our choices impact our journey (negatively and positively). Our attitudes and our actions are based on our choices.

OUR GOAL:

To summarize and/or review session highlights and important concepts, strategies, and points with the Participants.

FACILITATOR'S NOTES:

Format: A **Presentation** and a **Reflection**


1. Summarize session highlights with the group.
2. Discuss the Looking Ahead Points.
3. Introduce the concept of Required Tasks, ensuring that Participants understand the importance of completing these assignments to get the very most out of the course and as a graduation requirement.
4. Hand out copies of Required Task 1: My Values and My Goals. This assignment will provide Participants with a personal inventory of their lives and goals.
5. Close with a prayer from the Facilitator or Champion.
6. Make a point to speak with Participants as they exit.

TALKING POINTS

Each Jobs for Life session has Required Tasks designed to enhance the application of learned principles and skills. These assignments will be reviewed and may be turned in.

**While these are mandatory, we encourage you to view these not as "homework" but as opportunities to take hold of your learning and get as much out of your commitment to this course as possible.

1.9 Marking Our Journey: Session 1 Summary (5 Min.)



1.9 Our Journey: Session 1 Summary

This Session Covered:

- My journey: Jobs for Life training will help me on my journey to employment and my journey through life.
- My value: I am fearfully and wonderfully made. God thinks I am incredibly valuable and He gives me hope for the future.

What did I learn today?

What value could it bring to my life?

How can I apply it to my life today?

Principles That Work for Life

- I have a special purpose for which I am uniquely designed.
- Each of us has been given by God certain abilities. We are expected to use these gifts, and when we do, we become who we were made to be.
- Developing our God-given talents and interests make us valuable assets to employers.

Looking Ahead

The next step on our journey is to discover how Jobs for Life graduates have developed the tools and skills necessary to live life more abundantly. We will begin to learn how to get from where we are to where we want to be, and what we need to change in our lives to get there.

LET'S GET STARTED
15

1.9 Marking Our Journey: Session 1 Summary (5 Min.)

1.9 Our Journey: Session 1 Summary

Where We're Headed:

In the next session we will:

- Understand the need for positive relationships
- Understand the rationale for work
- Learn from real life examples
- Identify the concept of roadblocks

Jobs for Life Required Task Assignments

Each Jobs for Life session has Required Task Assignments designed to enrich the application of learned principles and skills. Each assignment is clearly noted by session in your workbook. These assignments must be reviewed and turned in at least once a week.

While these are mandatory, we encourage you to view these not as "homework," but as opportunities to take hold of your learning and get as much out of your commitment to this session as possible.

Required Task 1: My Values and My Goals

Instructions: Your answers to the following questions will provide you with a personal inventory of parts of your life and goals. Your answers will not be shared with the group. Take time to think through each question. Be honest with yourself as you prepare to begin this new journey in your life.

1. What have I accomplished so far in my life's journey that I am proud of?
2. What in my life has kept me from reaching my potential?
3. What does finding a job and going to work represent to me?
4. What do I want to accomplish during my participation in Jobs for Life?
5. Why is graduating from Jobs for Life important to me?
6. Am I worth it? Am I worth investing the time and energy it will take to finish this Jobs for Life course?
7. What may keep me from finishing this course? What can I do to make sure I will finish?



REQUIRED TASK 1: MY VALUES AND MY GOALS

REQUIRED TASK 1: MY VALUES AND MY GOALS

Name _____ Date _____

Instructions: Your answers to the following questions will provide you with a personal inventory of parts of your life and goals. Your answers will not be shared with the group. Take time to think through each question. Be honest with yourself as you prepare to begin this new journey in your life. Use additional paper if necessary.

1. What have I accomplished so far in my life's journey that I am proud of?

2. What in my life has kept me from reaching my potential?

3. What does finding a job and going to work represent to me?

LET'S GET STARTED _____

17



REQUIRED TASK 1: MY VALUES AND MY GOALS

 PARTICIPANT GUIDE

4. What do I want to accomplish during my participation in Jobs for Life?

5. Why is graduating from Jobs for Life important to me?

6. Am I worth it? Am I worth investing the time and energy it will take to finish this training journey?

7. What may keep me from finishing this training? What can I do to make sure I will finish?
