

Know Yourself Worksheet

My name is _____ and I am a person with

_____. (*Example: autism,*

learning disability, physical disability)

Strengths are things that I am good at.

At a job I am good at:

1.

2.

3.

Challenges are the things I am not so good at.

At a job I am not good at:

1.

2.

3.

Interests are things I like to do or enjoy doing.

My interests at a job are:

1.

2.

3.