## Conditions and Contributions Worksheet

1. Write down your conditions around work.

Remember: Conditions are something you need from a job to be successful.

Examples: part time hours, a mile from your house, no weekend work, benefits, clear instructions, etc.

1. Write down your contributions to an employer.

Remember: Contributions are what you offer an employer.

Examples: your skills, your education, your unique knowledge, your personality traits, your abilities, etc.

1. Talk to at least two people who know you well and have them describe you in positive terms. What did they say?

Person one:

Person two:

What did you agree with?

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