



Conditions and
Contributions Worksheet
November 20, 2018
Final – Large Print

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.



Conditions and
Contributions Worksheet
November 20, 2018
Final – Large Print

2. 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.



Conditions and
Contributions Worksheet
November 20, 2018
Final – Large Print

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

Person one:



Conditions and
Contributions Worksheet
November 20, 2018
Final – Large Print

Person two:



Conditions and
Contributions Worksheet
November 20, 2018
Final – Large Print

What did you agree with?

The original version of this worksheet was provided by the National Center on Leadership for the Employment and Economic Advancement of People with Disabilities (LEAD). This workforce product was funded by a grant awarded by the U.S. Department of Labor's Employment and Training



Conditions and
Contributions Worksheet
November 20, 2018
Final – Large Print

Administration. The product was created by the recipient and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership.

The Illinois workNet Center System, an American Job Center, is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. All voice telephone numbers may be reached by persons using TTY/TDD equipment by calling TTY (800) 526-0844 or 711.