

# Interest and Responsibilities Worksheet

November 21, 2018

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## Interest and Responsibilities Worksheet

1. Write down five of your interests:

Remember: An interest is something that is strong enough to make you want to go to work each day. Think in broad categories.

Examples: meeting new people, learning about computers, landscaping, working on machines, music, design, working with flowers, cooking, hiking, dancing, etc.

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2. Make a list of your family responsibilities. How might these responsibilities impact employment?

Examples: getting your children off of the bus after school, taking care of elderly parents, etc.

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).

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