

# A Snapshot of My Journey

ONGOING

My Name: \_\_\_\_\_

Date: \_\_/\_\_/\_\_

WFS Name: \_\_\_\_\_

CBMS# \_\_\_\_\_

1) Where do you feel you and your family currently are in these Life Areas? (Fill in a circle in each Pathway column)

Life Areas	Family Stability			Well-Being			Financial & Legal		Education & Training		Job Search & Employment		
Pathways	Housing	Dependent Care	Transportation	Personal Well-Being	Family Well-Being	Social Support	Financial Health	Legal	Education/ Training	Technology Skills	Job Search Skills	Career Exploration	Employment
	We have stable and safe housing.	We have reliable child care and a reliable back up plan.	We have reliable transportation and a backup plan.	I am doing well and am fully able to work.	My family is doing well and supports me.	I have consistent and effective social support.	My income is stable, I am current on my bills, I have money for saving or spending.	I have no current legal issues.	I have a degree or industry-recognized certificate(s) in a high demand occupation.	I regularly use technology to complete work tasks. I can use different software.	I am being invited to interviews and/or I have been offered a job.	I know my career pathway. I have a plan for advancing my career.	I love my job!
	My family doesn't have housing.	We have no child care.	We have no transportation.	My personal well-being needs my attention.	Family challenges interfere with my progress.	I have no social support or my network is not supportive.	My income is not enough to cover my basic living expenses.	I work certain jobs or I have lost jobs because of my legal issues.	I don't have a high school diploma, GED or entrx-level certificate.	I don't have access or I don't know how to use computers or smart phones.	I don't know where to find work; the jobs I apply for don't hire me.	I don't know what I would like to do for work.	I am working in a survival job that I don't like or I am not working

Thriving  
 Stable, but Could Improve  
 Area of Need  
 Area of Significant Need

2) What is your current, overall stress level right now? (Fill in a circle)

3) What is going on in your life that you want your coach to know about?

4) Is there something specific you want to talk about during this meeting with your coach?

5) Do we need to update any of your information? (Example: address, phone#, email, employment, etc.)

By typing my name below, I acknowledge the information provided is true and accurate.

Signature \_\_\_\_\_ Date \_\_\_\_\_