GOOD FIT WORKSHEET

Think about elements of your current job and using the worksheet on page two, list things about the job that you consider good (PROS) and those that are not (CONS). If you're currently unemployed, think about your last job and use that to gauge your responses. This will help you clearly assess the job's value, giving you things to look for in any new opportunity and, of course, things to try to avoid. Be sure to think broadly about factors such as

- the people you work with
- how much you work alone versus in groups
- your work schedule and setting
- opportunities to contribute
- how much independence you have
- opportunities to be creative
- where the job is located
- other considerations important to you

Be as specific as you can and use the document on page two to list your answers.

In the third column of your worksheet, list your interests and passions, things that make you feel most connected or engaged either at work or in your personal life. Think about those things that come easy to you that don't feel like "work." Maybe it's what you do as a hobby or tasks and activities that capture your full attention. Things like

- writing
- building things
- organizing trips and events
- keeping things on schedule
- managing a budget
- problem solving and figuring things out

Finally, think about what others have told you you're good at. This will give you an indication of your strengths. It might be helpful to reach out and ask for specifics. You can also ask a few trusted people to text you five words that describe your assets. In the fourth column, write down their comments, without editing or evaluating the feedback. Research shows that two-thirds of people are unaware of their strengths. This lack of self-awareness can get in the way of finding your "right fit" in the workplace.

You might work on this exercise over a series of days or even weeks. And when you've exhausted all thoughts, what you've created is a personal profile that can be helpful in finding that "right fit." Consider condensing your information into a one paragraph description to add to your resume or insert into a cover letter. You can also use your profile to complete one of the many online tools available to help match items on your list to specific jobs and careers.

Together Arkansas is a collaboration between the Arkansas State Chamber of Commerce/AIA, Arkansas Blue Cross and Blue Shield, and Arkansas Opioid Recovery Partnership. Original works written and produced by Working Partners Systems Inc., with special thanks to the Ohio Department of Job and Family Services.

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Pros	Cons	Interests/Passions	Outside Opinions

Together Arkansas, including the course and these resource materials, has been developed to raise awareness with businesses about how to respond to the risks associated with the misuse of opioids and other drugs. The content is meant for educational purposes only and not for the purpose of providing legal advice or replacing the work needed to develop a responsible drug-free workplace policy and program. As such, it should not be used as a substitute for consultation with a legal professional or other competent advisor. If you have questions about this course or the information presented here, please reach out Contact@TogetherArkansas.com.

To view the other modules in this course, visit www.TogetherArkansas.com.

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