



# My Goals Worksheet

Setting career goals and making a plan for their achievement are keys to your success. Discussing your plan with a coach or friend will improve its quality and effectiveness. These discussions will also help you prepare for interviews and develop the skills you need to achieve the career goal you have set for yourself. Instructions on how to fill out this document are available on the Internet at <http://www.ldsjobs.org>.

## 1 Review Your Background

### 1a. Coat of Arms

Write (or draw a picture representing) what you think best describes each of the seven areas of your coat of arms.

**Section 1:** Write five positive words that describe you.

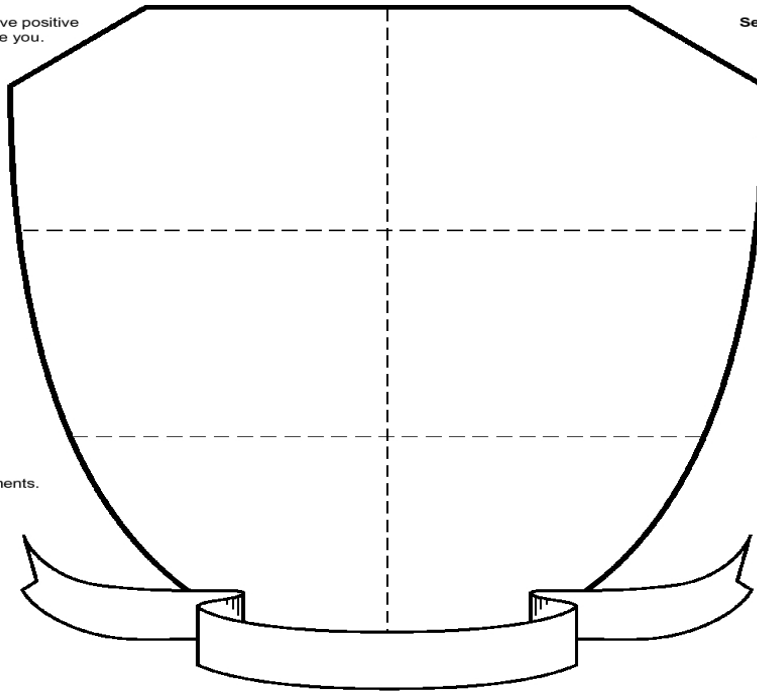
**Section 2:** Briefly describe your family.

**Section 3:** List your hobbies or interests.

**Section 4:** List three of your previous jobs or self-employment.

**Section 5:** List three accomplishments.

**Section 6:** List your educational achievements.



**Section 7:** List some of your values in the banner.

Practice sharing your personal coat of arms with mentors, Church leaders, home teachers, or business friends. When sharing your coat of arms, use full sentences to describe the information you have selected to share. Try to limit your description to 60 seconds.