

Barriers Identification Worksheet

Name: _____

Date: _____

Directions: This worksheet is designed to help you identify challenges in your life that may be barriers to obtaining employment. Please answer as honestly as you can so we can best help you find options and possible solutions to these challenges.

Transportation

Yes

No

1) Do you have a valid driver's license?

2) Are you insured to drive?

3) Do you have a car or have access to a car?

Residence

1) Do you like where you are currently living?

2) Do you need to change where you live?

3) Will you have childcare issues if you become employed?

Emotional and Physical Health

1) Do you have family and/or friends that you can rely on to give you support?

2) Do you have a history of drug addiction?

3) Do you have a history of mental health or physical problems?

Job Readiness

Yes

No

1) Do you have the following forms of identification in your possession?

Washington State ID/Driver's License

Social Security Card

Birth Certificate

2) Do you have a high school diploma or GED?

3) Do you have a resume?

4) Do you know what to do during an interview?

5) Do you know how to effectively search for a job?

6) Do you have access to a computer?

7) Can you get by without a job?

8) What is keeping you from being employed?