

## Self-reflection questions before seeking a job

1. My special interests are... [list the subjects you love learning about or things you love doing].
2. I enjoy activities that utilise my strengths in... [list your skills and talents].
3. I'm curious about learning to... [list skills you'd like to develop].
4. My dream job is... [describe your dream job].
5. To reach that goal, I can start by gaining experience in... [related fields or entry-level positions].
6. I would like to work in an environment that is [describe your preferred environment, e.g. quiet, collaborative].
7. I am sensitive to... [list your sensory sensitivities, e.g. overhead lights, pungent smells].
8. I can comfortably work for... [desired number of hours] per day/week.
9. I prefer to communicate... [preferred communication methods, e.g. verbally, in written format, through an AAC app].
10. In the workplace, I would need such accommodations as... [list potential accommodations, e.g. noise-cancelling headphones, frequent breaks].
11. I would disclose my autism diagnosis to potential employers. [yes / no / not sure].
12. It would help me to have a support system that... [describe what kind of support system would be beneficial for you].
13. My financial needs include... [list your financial considerations, e.g. cost of living, desired salary range].