At DSHS, our goal is to offer program assistance, opportunities and support to help connect you and your family to what you value most.

We invite you to complete the information below. This will allow us to understand what would be most helpful right now. We look forward to working together to connect you to available services and resources.

We appreciate your time, as you are the expert of your life!

1. **How do you feel in your current situation (check all that apply)?**
   - Unsure about DSHS programs
   - Frustrated
   - Anxious or stressed
   - Relieved I’m here for help
   - Overwhelmed or numb
   - Excited
   - Helpless or afraid
   - Understood
   - Thankful
   - Trapped or alone
   - Ready to move forward
   - Other:

2. **What would it look like if a DSHS program was successful for you (check all that apply)?**
   - Found a job that provided for my family
   - Access training to have a career in something I enjoy
   - Obtain my GED or HS diploma
   - Be more financially stable
   - Be a positive role model for my family
   - To develop healthy relationships
   - Be able to afford safe and stable housing
   - More confidence in myself and abilities
   - Better connected to my community
   - To give opportunities to my children for a better life
   - Other:

3. **What personal goals do you have in mind (check all that apply)?**
   - To be healthy and have a healthy family
   - A job that takes care of my family
   - To help my kids graduate school
   - To further my education
   - To have safe and stable housing
   - A better life
   - To give back and contribute
   - To gain work experience
   - To be the best parent I can be
   - To be able to buy things for my family
   - To have independence and freedom
   - Other:

4. **What are some problems getting in the way of reaching your goals (check all that apply)?**
   - No recent work history to find work
   - Legal or background check issues
   - No employment or employment skills
   - No money for the things we need
   - No education for me to get a better job
   - No child care to go to work or school
   - Personal health issues (physical, mental / emotional, addiction)
   - No transportation
   - Lack of stable housing
   - Child Support issues (safety concerns, receiving support or adjusting order / debt)
   - School issues with my children
   - Working with too many agencies right now
   - Health issues for someone in my family
   - Other:

5. **What would be most helpful to you today (check all that apply)?**
   - Help with benefits (cash, food, medical)
   - Help with transportation
   - Learning more about programs and resources that are available in the community
   - Childcare assistance
   - Connecting with Family Violence resources
   - Exploring other DSHS benefit options (WorkFirst, BFET, Employment Pipeline, Child Support / Alternative Solutions, DVR)
   - Discussing job opportunities
   - Other:
6. Which of these do you value and have an interest in strengthening (check all that apply)?

**What do you love to do even if you weren’t getting paid for it?**

- [ ] Spending time with my family
- [ ] Taking care of my health
- [ ] Personal wellness and fitness
- [ ] Spending time on hobbies
- [ ] Connecting to my community, schools, faith
- [ ] Creating or building things
- [ ] Being social with friends and family
- [ ] Learning, reading, or increasing skills
- [ ] Volunteering at my child’s school
- [ ] Other:

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7. What skills are you good at that you also enjoy (check all that apply)?

- [ ] Working as part of a team
- [ ] Information technology / computers
- [ ] Working with numbers or data
- [ ] Communication
- [ ] Organizing and planning
- [ ] Being creative
- [ ] Working with your hands
- [ ] Helping people
- [ ] Solving problems
- [ ] Other:

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8. What would get you closer to your goals (check all that apply)?

**Be stubborn about your goals and flexible about your methods.**

- [ ] Learning about free training / educational programs
- [ ] Securing safe childcare
- [ ] Gaining paid or unpaid work experience
- [ ] Exploring resources to help with
- [ ] Connecting with Public Health resources
- [ ] Receiving ongoing support and goal setting
- [ ] Information about parenting resources / support
- [ ] Learning about support for elderly or disabled care
- [ ] Exploring options for education, training, and employment services for refugees and immigrants
- [ ] Exploring other DSHS benefit options
- [ ] Connecting with Family Violence resources
- [ ] Discussing job opportunities
- [ ] Exploring volunteering at my child’s school or daycare
- [ ] Coordinating activities with other agencies I’m working with
- [ ] Support in pursuing Social Security benefits
- [ ] Discussing programs or support for legal issues
- [ ] Exploring Child Support options
- [ ] Learning about money management support
- [ ] Other:

**What are the top two, checked above, that you want to focus on today to help you toward your goals?**

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9. Additional Comments

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Thank you for completing your Personal Pathway!

We will review this information together to help create a plan that works for you and your family.