

Use this checklist to identify obstacles that might keep you from advancing in your career or changing to a new one. Check any difficulties you may face and brainstorm different strategies to address them.

	Impediments to My Career Goals	Strategies to Address the Issue
	Transportation Issues	
	Health (physical/behavioral) Issues	
	Housing Issues	
	Motivational Issues	
	Dependent Care (child, parent, spouse, pet, etc.)	
	Other Family Obligations	
	Education or Training	
	Credit History	
	Addictions	
	Work References	
	Irregular Work History or Income	
	Criminal Record	
	Other:	
	Other:	

