

- 1  Finding the Job You Desire and Can DO Despite Limitations
- 2  Today
  - Visioning Exercise
  - Setting Intention
  - What are your skills NOW?
  - Impact of your illness on your skills
- 3  Part 1. Current Skills –  
This is a list of Tasks you've done – by job.
- 4  Current Skills
  - From your task list, write the personal characteristics you bring to a job
- 5  Current Skills
  - Create a list of skills you have developed.
- 6  Part 2 - What are my symptoms?
  - 1  • Continuous Symptoms
  - 2  • Periodic Symptoms
- 7  Part 3. Tasks/Restrictions
  - Which tasks do you need to restrict all of the time because of continuous symptoms?
  - Which tasks do you need to restrict some of the time because of periodic symptoms?
  - Which tasks are inherently **harmful** to your health?
- 8  Part 3. Accommodations
  - What accommodations are *necessary* for you to get the job done without harming your health?
  
  - What accommodations will help you do your job better, but are *not absolutely necessary*?
- 9  Part 4. What do I value most about a good working environment?

10  **Part 4 - Prioritize**

- *Assign a number to each value, based on how important it is to you compared to the others.*
- *What's your number one value?*
- *Which ones are less important? (NOTE: these numbers may change over time – example: a high salary may be important in a job decision now, but less of a concern in the future.)*

11  **SPECIAL OFFER**

- The material from this program was taken from my Home Study Guide, **Keep Working with Chronic illness Workbook**. Read it on the resource page of my website, <http://cicoach.com/resources> – or go to this link: <http://www.cicoach.com/workbookpromo.html>.

12  **Special Offer**

But here's the Best News of All !

**I'm making a limited time offer of my Workbook Program to today's program participants at 50% off the current web price**

- Web price \$88 –
- Special price: \$44!  
Note: **Offer ends Sept. 16, 2008**

**NOTE: You must enter this coupon code to receive the discount: INVISIBLEWORKBOOK**