



ACTIVITY 3:

Person-centered discovery tools

INSTRUCTIONS: You will find several helpful activities and tools that support a person and their team with person-centered discovery under ‘Person-centered discovery’ on the “Hands-on tools” page of the Disability Hub MN Work toolkit. Become familiar with each tool listed below by looking at an example and then describing the purpose of the activity/tool.

1. My profile: Work

- a. Read the [sample My profile: Work \(PDF\)](#)
- b. Explain the purpose of the “My profile: Work” activity:

2. My vision: Work (Life trajectory)

- a. Read the [sample life trajectory \(PDF\)](#)
- b. Explain the purpose of the “My vision: Work (Life trajectory)” activity:

3. My resources and supports: Work (Integrated supports star)

- a. Read the [sample integrated supports star \(PDF\)](#)
- b. Explain the purpose of the “My resources and supports: Work (Integrated supports star)” activity:

4. My team: Work

- a. Read the [sample My work team \(PDF\)](#)
- b. Explain the purpose of the “My team: Work” activity:

5. Like and admire

- a. Read about the [Like and admire tool](#), and review the Elizabeth Kate and Rae examples and the blank template available at the link.
- b. Explain the purpose of the “Like and admire” tool:

6. Personal values

- a. Review the [Values checklist \(PDF\)](#)
- b. Explain the purpose of the “Values checklist”: