**Employment Readiness: Major Life Domain Grid**

Use this grid to develop SMART goals based on each individual's readiness in the listed domains. Combine or layer activities for holistic growth and integrate reflective learning throughout the process.

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| **Domain** | **Exploration** | **Experience** | **Education** | **Learning Environment** |
| Mental & Physical Health | Identify how mental/physical health affects daily functioning and work | Try low-stress volunteer or part-time tasks with wellness check-ins | Participate in stress reduction activities that promote physical health | Learn self-awareness and regulation techniques, mental health literacy, and stress management  CBDS: Health education workshops Community: Local wellness programs, gym, therapy Wellness check-in discussion group |
| Healthy Decision-Making, Risk & Conflict Management | Reflect on past conflict situations and risk-taking behaviors | Role-play conflict resolution; shadow workplace situations. | Reflect upon daily decision making process and expand decision-making opportunities | Participate in decision making skills and interpersonal skills training  CBDS: Structured group activities Community: Peer mediation, group therapy, work placements |
| Routine & Adaptability | Explore how routines support success (e.g., energy, focus, mood) | Use a planner/schedule to complete daily CBDS tasks independently | Learn time management, executive functioning, and flexibility skills | CBDS: Supported daily routines, calendar building Community: Independent travel to a consistent weekly activity |
| Access to Basic Resources | Map out current access to housing, food, transit, etc. | Understand how work affects and is affected by these resources | Visit local resource centers, simulate budgeting or transit use | Attend workshops on budgeting, accessing benefits, or transportation training  CBDS: Budgeting simulations, resource navigation Community: Housing clinics, food pantry volunteering |
| Social Support Engagement | Identify current natural and provider-based supports | Attend support groups, mentorships or peer support networks | Learn advocacy skills, relationship-building, communication techniques | CBDS: Peer-led circles, provider check-ins Community: Community centers, job clubs, family involvement workshops |

**Tips for Goal Setting:**

• Use this grid to develop SMART goals with individuals based on where they are in their journey.  
• Consider layering activities (e.g., combine routine-building with community transit training).  
• Integrate reflective learning by debriefing experiences in CBDS environments.