



# EMPath

*Economic Mobility Pathways*

## Interpreting the Bridge to Self-Sufficiency<sup>®</sup> Worksheet #1

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Now that you've completed the Bridge Assessment, the next step is to understand what the Assessment means for your journey to self-sufficiency. Take a few moments to look at it as a whole and answer these questions:

1. As you look at the Bridge Assessment, is there anything that really stands out to you? Is there anything that surprises you or that is different from what you would have expected?
2. What strengths do you see on the Bridge? Are there particular pillars that stand out to you because they are strong? What do you notice on the pillars that will help you make progress toward self-sufficiency?
3. What are some of the weaker areas on the Bridge? What are the pillars where you rated yourself lower? How could these areas prevent you from moving forward toward your goals?
4. Which are the pillars where you particularly want to grow and develop? Why are these so important? If there are several, how would you prioritize them? Is there one that really stands out for you?
5. Based on your answers to the questions above, what are your initial ideas about goals that you would like to set for yourself?



## Developing a SMART Mobility Goal Worksheet #2

### Remember that the best goals meet the “SMART” criteria:

**Specific:** The goal is clear enough that you know what you are working toward, and whether or not you have accomplished it.

- “Go to college” would not be a specific goal, but “Enroll in Bunker Hill Community College to study Culinary Arts” would be.)

**Measureable:** There is a clear way to tell whether the goal has been accomplished.

- “Get good grades” would not be measureable goal, because everyone has a different idea of what “good grades” means. “Earn at least a B in each of my classes” would be a measureable goal.

**Attainable:** The goal can realistically be completed, given the current situation and the work needed to attain the goal.

- “Earn \$85,000 per year by the end of 2016” is not an attainable goal for someone who doesn’t have a high school diploma.

**Relevant:** The goal must be related to progressing economically and must be personally relevant to you.

- “Visit Disneyworld” would not be a relevant goal, but “Save enough money for a family vacation to Disneyworld” would be.

**Time-Limited:** The goal must include a time when it will be achieved.

- “Earn my Associate’s Degree” would not be time-limited, but “Earn my Associate’s Degree by May 2014” would be.

### My Mobility Goal is:

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Check the goal against the SMART criteria:

- Specific
- Measureable
- Attainable
- Relevant
- Time-Limited

*You may need to re-work your goal a few times to make sure that it is really a SMART goal.*



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## Breaking Down Goals into Action Steps Worksheet #3

### My Mobility Goal is:

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1. Brainstorm a list of Action Steps that you would need to take to achieve your goal. To start with, don't worry about the order you put them in. Once you have completed the full list, go back and number them in order.
2. Now list the resources that could help you to achieve the Action Steps and Goal. Some resources might be useful for just one Action Step, while others could be useful for the whole Goal. Resources can include people, information, personal qualities, support, etc. As you look at your list, think about whether any of the resources can be included in Action Steps (for example: "Talk to my friend who attends Bunker Hill about good classes to take" or "Talk to my mother to make sure that she can babysit for me every Wednesday evening while I go to class.")
3. As you look at the Action Steps, think about whether there are any challenges that could get in the way of completing them. Then list some strategies you could use to overcome those challenges. Can you include these strategies as additional Action Steps toward your goal? (For example: If the challenge is "My son gets sick a lot," the Action Step could be: "Identify two people who would be willing to stay with my son when he is sick so I don't have to miss class.")

What challenges could keep you from achieving your goal, and what strategies could you use to overcome them?

CHALLENGE	STRATEGY

Before you finalize your Action Steps, look at them and make sure that they meet the SMART test:

- Specific**
- Measureable**
- Attainable**
- Relevant**
- Time-Limited**