

## ACBDD Employment First Newsletter

\*\*\*\*\*



Questions about employment or advocacy?

Contact:

Tammy Smith-Zack, ACBDD  
Employment & Advocacy  
Coordinator



419-221-1385 ext. 2869  
Work cell: 567-371-5233



[tsmith-zack@acbdd.org](mailto:tsmith-zack@acbdd.org)



[www.acbdd.org](http://www.acbdd.org)

*Congrats on your  
accomplishments and keep  
working toward your goals!*

*-Tammy*

## November 2024

What have you done in 2024?

What do you want to do in 2025?

As we near the end of 2024, it is a great time to reflect on your accomplishments and start planning for 2025. In November, we also see a lot of “I am thankful for...” posts on social media, as Thanksgiving rolls around. This month, we combine these concepts to help you on your path to employment.

Here are some questions to ask yourself to develop an “attitude of gratitude” and keep working toward your goals, which can include employment:

1. What is one new thing you learned in 2024?
2. How have you helped someone else?
3. What or who are you most thankful for? Why?
4. What goal did you achieve in 2024?
5. What do you want to do in 2025?
6. What are you really good at doing?
7. What are 2 things about you that make (or will make) you a good employee?
8. What type of work do you want to do? Have you told your family/SSA/ISP team this?
9. What will you stop doing in 2025 so that you can be happier and healthier?
10. What will you start doing now to reach your 2025 goals?

*If your goal for 2025 is to speak up for yourself or find a job, the ACBDD Employment & Advocacy Coordinator is here to help! Please reach out via phone, email or text for help reaching your goals!*