Worksheet 4 Bridges

## Job Coaching and Mentoring for People with Disabilities

My limits		
Period Make a list of the limits you think you have, divided in the following categories:		Describe which can be the short-, middle- and long-term solutions to mitigate these limits:
Physical limits		
Emotional/Family limits		
Geographical limits		
Intellectual limits		
Financial limits		
Social limits		
Psychological limits		
Political/Ideological limits		