

Community Resources

2-1-1 UTAH

This national resource directory provides contact information for community resources related to independent living. This includes housing supports, child-care, senior-care, food access, career services, utility assistance, and more.

Utah.gov

This website provides community engagement resources, especially for those with disabilities. This includes support groups, advocacy organizations, employment, and counsel.



CHANGES
COUNSELING &
CONSULTATION

More Information :



(801) 542-7060



info@changescounseling.org



8221 S 700 E, Sandy, UT 84070



<https://www.changescounseling.org/>



Work &
Financial
Management

Food	\$350.00
Home	\$300.00
Medical	\$100.00
Personal Items	\$300.00

Personality & Career

Performance

Personality impacts the person's motivation to complete the tasks required. Performance may vary depending on a person's incentive, whether it be to make money, gain recognition for their skill, or help others. This is important to consider during career exploration to improve retention and satisfaction.

Satisfaction

Personality impacts the way a person receives and responds to feedback. It alters a person's perception of praise and/or criticisms. This is important for navigating workplace challenges and overcoming differences.

Personality Types

Identify your personality type to identify personal motives, strengths, and limitations. Use this insight to improve work relations, family dynamics, and habits.

<https://www.colorcode.com/>

Red: Technical & Leader

Yellow: Social & Spontaneous

Blue: Intimate & Responsible

White: Kind & Objective



Personality & Financial Habits

Multiple factors influence the development of our financial management habits.

- Observation of others
- Education regarding budgeting and investing
- Personality and motivation

Personal motivations for spending or saving money may not align with family values.

Financial stress leads to higher rates of interpersonal conflict and substance abuse.

To reduce conflict, determine joint vs. individual expenses, identify collective goals, and maintain open communication regarding concerns.