

### GAINS Profile

Use this form to record goals, accomplishments, interests, networks, and skills - your own, or those of your Network members or others with whom you want to build a relationship. Use one form per individual; attach sheets as necessary. Date each entry so you will know how old the information is. Use the other side of this form to record information that doesn't fit one of the categories listed.

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

Goals \_\_\_\_\_

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Accomplishments \_\_\_\_\_

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Interests \_\_\_\_\_

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Networks \_\_\_\_\_

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Skills \_\_\_\_\_

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