

REFLECTING ON MY CAREER JOURNEY

By setting aside time to reflect on your career journey, you will more easily be able to take charge of what direction your path goes next. To most benefit from this activity, escape away to a favorite, comforting spot. Bring along a soothing beverage, diffuse essential oils or spray other scents that bring you joy, play inspiring instrumental music if you would like, and as always---take several, enjoyable deep breaths before beginning!

WHAT IS WORKING WELL:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

WHAT IS NOT:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

THE ENVIRONMENT + WORK CULTURE I NEED TO DO MY BEST INCLUDES:



WHERE DO I NEED AN UPGRADE?

It takes support, discipline, and believing in a clear vision to reach your next best career step. You get there faster when you also find the courage to tell others where you need help. Choose which areas need a boost so you can attract work that lights you up.

- gaining more benefits from using LinkedIn + improving my profile
- understanding the advantages of personal branding + how to create one
- summing up my career journey into an engaging introduction that interests others
- linking my professional value to the needs + solutions of opportunities that fit me
- answering common and uncommon interview questions with ease + confidence
- developing and organizing relevant examples of my strengths and lessons learned
- creating rituals that trigger relaxation, self-worth, + clarity when under pressure
- connecting to my higher self + trusting that everything will work out for my career
- staying accountable to my career goals + positive work habits
- Other:



SMALL + BIG WINS

List several small, positive moments at work and bigger career accomplishments you felt joy about this past year.

Sharing your small and big wins with others invites more wonderful experiences in. Who will you tell your good news to? _____



MAKING SPACE FOR BETTER



These mindful activities will help you release negativity that is blocking your career momentum. Which one will you give yourself a chance to experience today?

Check off your top choice and give yourself permission right now to do it!

- Reiki
- Yoga or martial art
- Qoya
- EFT/Tapping
- Meditation

- Video: Mindset Mantras To Upgrade Your Interview
- Video: Energy Work For Your Best Interview Ever
- Progressive Relaxation
- Crystal + Moon Rituals
- Other:



APPRECIATING RIGHT NOW

Gratitude is the most powerful energy for manifesting change and better things to come. Allow yourself 10 minutes to turn off the worries and stress and instead let in images of the people, places, and moments that you are thankful for.

What I appreciate about how things are now:

- 1.
- 2.
- 3.

Who I will send a note of thank you to:

- Myself
- Someone I look up to
- A friend who has my back
- Co-worker or colleague

