

7 Questions To Help Calm My Nerves Before An Interview

MAKE YOURSELF A FAVORITE CUP OF COFFEE OR TEA. FIND A PEN THAT YOU LIKE. THEN FILL OUT THIS POWERFUL PRINTABLE OUT IN A PLACE YOU ENJOY AND WILL NOT BE INTERRUPTED. NOTICE HOW YOUR ENERGY SHIFTS AS YOU WRITE BULLET POINTS OR DRAW A PICTURE FOR EACH QUESTION.

WHAT IS MY WHY?

WHEN HAVE I FELT CONFIDENT BEFORE?

WHOSE GOT MY BACK?



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WHAT SELF-CARE HAVE I GIVEN MYSELF LATELY?

WHEN DID I LAST USE MY TOP STRENGTHS?

WHAT DO I WANT MY WORK DAY TO FEEL LIKE?

WHY NOT ME?