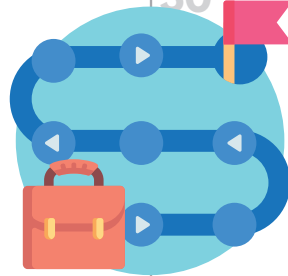


Journaling for **Success** at Work/in Your Career

	S	M	T	W	T	F	S
2 L A S T S	30 Three goals you want to set for next month.	31 One small action to take today for new opportunities.	28 	29 	30 	31  S T E A R T	1 Three main goals you want to work on this month.
	2 A time perseverance paid off for yourself or someone you know.	3 What your dream job is.	4 Three things you can do to get the dream job.	5 Networking events you can attend.	6 A skill you want to work on for the rest of the year.	7 Classes you can take to improve this skill.	8 Books to read to improve this skill.
	9 Small wins from this week.	10 A new challenge to try this week.	11 Three things that energize and motivate you.	12 People that make you feel supported.	13 One habit you want to work on.	14 Things you're grateful for at work this week.	15 One way to take a break this weekend and feel recharged.
	16 Describe your ideal career path over the next ten years.	17 Describe your morning routine and whether you want it to change.	18 People you admire and what you think you can learn from them.	19 One thing you'd do this week if you didn't have a fear of failure.	20 Describe your nighttime routine and whether you want it to change.	21 One achievement you're proud of this week.	22 Something you're good at but that you overlook.
	23 One thing you're good at now that you didn't use to be good at.	24 What type of work makes you feel fulfilled.	25 One way to take more initiative this week.	26 Whether your internal voice is positive or not.	27 How you can make your internal voice more supportive.	28 Something you've been getting compliments on at work.	29 List achievements (including small wins) from this month.