

OCR YOUR WORK JOURNAL

Created by



SOUL ALIGNED
SISTERS

Optimize

Optimizing ME

Possible Boundaries at Work I can establish:

Actionable Steps I can take to enforce boundaries:

Optimize

Optimizing ME

Ways I can explore my passions:

Major A-HA Moments I Must Remember:

Cultivate

Cultivating My Path

I Will Challenge Myself to Shift My Mindset on the Following:

Actionable Steps to Discover Conventional Paths:

Cultivate

Cultivating My Path

Tasks or Parts of my current work that I enjoy are:

Major A-HA Moments I Must Remember:

Reimagine

Reimagining My Future

What is making me feel stuck:

Actionable Steps I can take to get unstuck:

Reimagine

Reimagining My Future

Things that no longer feel aligned in my life are:

Major A-HA Moments I Must Remember:

Reimagine

Reimagining My Future

Self Exploration Journal Prompts

What skills have I acquired over the course of my career?

What do I need to do in order to get ready for my next adventure?

Reimagine

Reimagining My Future

Self Exploration Journal Prompts

What needs brought to completion to make room for the new?

What tools or support will I need as I move towards change?

Reimagine

Reimagining My Future

Self Exploration Journal Prompts

If I could do anything I wanted, what would it be?

Visioning Exercise

What kind of experience and feelings do I want to have in my future role? How does it feel in my body when I think about it?

Reimagine

Reimagining My Path

Exploration Exercise

Jobs I find interesting solely based on skillsets I have:

People/Organizations I could connect with in my dream spaces:

Ways I could reframe my resume are:

New hobbies or skills I want to learn are:
