



# GUIDED JOURNALING *for job seekers*

Its time to know what you want and let yourself have it!

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& The Career Kickstart

## WHY JOURNAL?

Writing your dreams, goals, passions, frustrations, and affirmations is one of the best ways to gain career clarity. When I was stuck and burnt out in my career, writing out guiding journaling prompts helped me tease out what I really wanted buried underneath my job ennui. It also provided a moment of Zen (or place to rant) after a stressful workday. Journaling can also be used to reprogram your mindset towards positivity, track your milestones, and process any negativity.

This is a key mindset and planning tool for any professional especially those seeking a change in their career. Journaling can be done in many ways so experiment with what works best for you!

Do you like to handwrite or type? Doodle in the margins? Use washi tape to make things pretty? Collage vision boards? Write stories? Make lists?

You can do all of that in your journal if it gets you thinking and analyzing!

These prompts as a jumping off point. Use them as needed so don't feel pressured to use them all or do them in order. I would recommend reading them through and noting which ones provoke an emotional response in you.

Did a question make you feel defensive or remind you of a good memory? Nuggets of understanding are often buried in what triggers us.

The journal prompts were created to give a comprehensive foundation for creating a career strategy from networking to barriers. I also incorporated journal prompts that would help you prepare for interview questions such as 'tell me about yourself' or 'where do you see yourself in five years?'

Some best practices for journaling include:

- Date your entries
- Keep writing without editing

- No lying to yourself
- Be natural
- Re-read entries

Incorporate journaling into self-care routines or during travel or at conferences. Jot down ideas. Make this practice useful to you!

Before you tackle the journal prompts, write a sketch of your career situation now. Are you satisfied? What is your biggest challenge? Are you where you want to be? Reflect back to this when you finish the other prompts.

Set a timer, give yourself 5-10 minutes with each question to jot down quick answers. You can add more depth to them later. If you race through once, you'll be more likely to finish (and expand on your thoughts) than if you're too precious with it.

**Let journaling be messy, private, and all for you.**

Cheers,

Sami

PS: Journaling can feel like peeling an onion. There is always another layer especially if we are self-censoring because we "want to be up for whatever." Be honest with yourself on what you want and what you don't. Sure, no job is perfect but if you know your deal breakers, you can be more savvy with your compromises.



## PROMPTS

- What **transformations are you craving** in your work and life right now?
- **Imagine it's one year from today** and you've successfully and radically transformed your life in all the ways you're wanting. **What's different?** how do you feel, and who have you

become through this process?

- What do you feel like **are your biggest struggles or challenges** in achieving this transformation? What are your best assets?
- What are your **best hard technical skills**?
- What are your **best soft skills**?
- Jot down the names of people you know or know through friends or family who have a job that you're interested in. What is interesting about their careers?
- What are you missing right now in your career?
- What jobs did you enjoy the most? What did you enjoy about them?
- What are your **dream companies to work for**?

## Brainstorm your personal brand

- Freewrite about your visuals (color scheme, headshot, etc).
- Sketch out your values (what is important to you).
- Does your LinkedIn profile and resume reflect the above in a consistent manner? Why?

## NEXT STEPS?

😊 Want to chat about your answers with a career coach? [Book a call with me.](#)

🐱 Want more insight into personal branding? Check out my [YouTube video on why a personal brand can help a creative or tech job hunt.](#)

👁️ If you're struggling to break into tech, read [How to Be Known in Your Industry... Even if You are a Brand New Career Changer!](#)

## MEET YOUR CAREER SPECIALIST



Hi, I'm Sami

After 8+ years of experience as a career specialist in tech boot camps, colleges, and nonprofits; I have helped hundreds of people just like you thrive in the job market!

Most career coaches focus on discovering your passion. I go a step farther by taking your dream and turning it into an actionable plan to build your industry profile, develop your network, and design a recession-proof career.

Find out more at [CareerKickstartAcademy.com](https://CareerKickstartAcademy.com)