

CAREERCHATWITHELLEN.COM

CAREER CHAT JOURNAL



IF ANY OF THIS SOUNDS LIKE YOU...

- You are bored and frustrated with your current job
- You change jobs a lot and dream of doing other things
- Or you constantly feel overworked and overwhelmed
- There is no excitement and you dread Mondays
- You feel stuck. PERIOD.
- It feels like your career has stalled
- You are ambitious but struggle with self-motivation under your current circumstances
- You don't know what else you'd like to do or what to do next
- Or you have an idea of where you want to do but don't know how to get there
- You are struggling with job search and rewriting your resume and

This journal is right for you! It will help you to:

- Remember who you are and reconnect with your vision and purpose
- Dream bigger and unlock your full potential
- Stop dreading going to work
- Get unstuck and unlock new opportunities for yourself
- Recognize and change thinking patterns that sabotage your success
- Grow and climb the ladder from a place of gratitude and clarity
- Develop work routines that make you feel happy and fulfilled

HOW TO GET THE MOST OUT OF OF THIS JOURNAL

I recommend going through the whole journal once. Journal for 15 minutes per day answering 1 question over the next 28 days. Bring clarity and intention with each answer. Get to know your “why”. This is the important part. Knowing your why will stop the cycle of dead-end jobs and move you closer to your true career path.



MEET THE AUTHOR

Ellen Garrett
(Professional Growth/Lifestyle Blogger)

Over 30 years experience working in corporate jobs. Now I have designed the life I love. Helping others through encouragement and storytelling.



THE DREAM

The only way to do great work is to love what you do. - Steve Jobs

PROMPTS

- If money was not an issue, what would you do ... what excites you to get out of bed...
- What were your childhood passions? List them out...
- Try to describe your ideal scenarios when it comes to workspace, colleagues, working hours, work from home and work routines
- How much responsibility do you want? How much autonomy do you want to have when it comes to what you work and focus on and how you execute things?
- Do you want to manage people? If so, how many? How would you show up as a leader?
- When I think about changing careers I feel (write down your feelings then go through it again and ask yourself: Why do I feel like that? Have a clear understanding of your "WHY"
- What do I want permission to become? If you are waiting... find out why?
- After reviewing everything you wrote based on the previous prompts: How much would you like to earn? Visualize your cash! What do you think would be a fair compensation that makes you feel valued and appreciated and allows you to finance your ideal lifestyle?



THE POSITIVE

The mind is everything. What you think you become. – Buddha

PROMPTS

- What do you like about your current (or last if you are currently looking for a job) position? Think of big things as well as the smallest details.
- What do others value about me? What comes easy and natural to me that others find challenging? What excites me and makes work go by fast?
- What have I done well in the past when it comes to work and my career? Where have I positively surprised myself and/or others?
- What are things I can do to recharge when I feel drained or burned out?
- When thinking of my ideal vs. my current work routine - what changes can I make to improve my current routines?
- Where can I ask for help or support? Is there something I could do significantly better if I had more training? Are there things I am not good at or that drain me and that someone else could do? Who can I talk to about that and how can I best address it?
- How can I bring and show more of my strengths? How can I support others better and show that I have what it takes to get to the next level?



DATE:

THE POTENTIAL

We'll never know our full potential unless we push ourselves to find it

- Travis Rice

PROMPTS

- Has there been a conflict or miscommunication at work? Have I done everything in my power to resolve it in a responsible way through the right channel/with the help of the right people?
- If I am completely honest with myself, have I already quit my job emotionally and checked out internally? If so, do I want to follow through with my decision and move on to a new job?
- If I am completely honest with myself, am I ready for the next level or are there areas I need to work on first? If so, what areas do I need to work on? What is the current state and where do I need to be to be ready for the next better opportunity?
- If I am completely honest with myself, would I hire myself? If yes, why is that? If not, why is that?
- If I think about myself as a personal brand - how do I want to position myself within my company and on the market? What are my values? What are my strengths and weaknesses? What combination of experience, talent, skills and character traits makes me unique?
- When have I last done an inventory? Is my linked in profile up to date? What would my potential dream employer find on my social channels? What does my CV look like?

DATE:

THE NEXT STEPS

"A goal without a plan is just a wish." Antoine de Saint-Exupéry

PROMPTS

- What do I want my career to look like in one year? Five years? Ten years? Be as specific as possible.
- What changes do I need to make over the next 3, 6 and 12 months if I want to make my goals become a reality?
- What skills do I need to learn? How do I need to grow as a person?
- What resources do I have available to make these changes?
- Who can support me on this journey and hold me accountable?
- How can I make time for growth?
- What boundaries do I need to set at work and in my personal life to ensure progress?



DATE:
