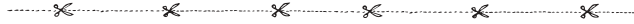


Work Journal



Writing your way through questions of work



Step 1: Work Past

Writing Prompt: *What's your history with work?*

Try to write at least 2 pages. Dig as deep as you can. This will set you up to get the most out of Step 3. If you need inspiration, here are some sentences to help jumpstart your writing.

- When I was a kid, I wanted to be [blank] when I grew up.
- The adults I knew...
- My first memory of work is...



Step 2: Work Present

Writing Prompt: *What's your work saying to you now?*

Try to write at least 2 pages. Dig as deep as you can. This will set you up to get the most out of Step 3. If you need inspiration, here are some sentences to help jumpstart your writing.

- My work makes me feel....
- I'd describe my relationship with work as...
- I have the job of my...

Step 3: Insights From Work Past and Present

Writing Prompt: *What do you notice as you read what you wrote in Steps 1 and 2?*

For example:

- What attitudes and beliefs have you formed about work?
- What work fulfills you? What work drains you?
- Of what you learned, what lessons do you want to take forward? What work wounds do you want to leave behind?

Step 4: Taking Charge of Your Work Future

Writing Prompt: *What two things will you do in the next week to act on what you learned in Step 3?*

The future isn't out there "somewhere." It's in the next hour, day, month, etc. You have the power to create the future that will serve you. In this last step, you'll take the insights you gained from your writing and identify **two things you can do right now** to put your learning into action. The types of actions you can take are limitless. See my [blog post](#) for some examples. Repeat this step a few times. In Step 5, write about what you're learning.

Step 5: Action into Learning into Action into Learning...

Writing Prompt: *What are you learning from the actions you've tried?*

There's always something to be learned, even when things don't go as planned.



Work touches all parts of your life. I hope your writing helps you begin to gain some clarity around your questions of work. For more ideas, check out my [blog](#).

If you tried this exercise, I'd love to hear from you. What worked? What did you learn? What suggestions do you have?

If you're interested in a comprehensive approach to finding answers to your questions of work, contact me to learn how we can partner together. You can go further faster and achieve more lasting results with a guide by your side.

Warmly,

Ann



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[**LINKEDIN**](#)

