

Journal Prompts

QUESTIONS AND PROMPTS TO HELP YOU THINK ABOUT YOUR

PAST

PRESENT

FUTURE

CREATED BY



Journal Prompts

PAST

WHEN YOU WERE A KID, WHAT DID YOU WANT TO BE WHEN YOU GREW UP?

WHAT DID YOUR PARENT/GUARDIAN(S) DO FOR WORK? DID YOU WANT TO FOLLOW THEIR CAREER PATH? WHY?

WHAT WERE YOUR FAVORITE SUBJECTS OR ACTIVITIES IN SCHOOL?

HOW DID YOUR PARENT/GUARDIAN(S) SPEAK ABOUT YOU? WHAT MESSAGES DID YOU RECEIVE FROM THEM ABOUT YOUR SKILLS AND ABILITIES?

WHAT EXPERIENCES DO YOU THINK SHAPED THE COURSE OF YOUR CAREER?

HAVE YOU EVER MET SOMEONE WHO YOU FELT HAD AN INTERESTING CAREER? WHAT DID YOU FIND INTERESTING ABOUT THEM? WHAT DID THEY DO?

WHAT WORK HAVE YOU DONE THAT YOU ENJOYED?



Journal Prompts

PRESENT

THINK OF THREE INSTANCES IN WHICH YOUR EXISTENCE IS MAKING A DIFFERENCE IN SOMEONE ELSE'S LIFE. THINK OF THREE INSTANCES IN WHICH SOMEONE ELSE IS MAKING A DIFFERENCE IN YOUR OWN LIFE

“WHEN YOU ARE NEXT IN A SPACE OF YOUR OWN, NOTICE THE SMALL THINGS THAT MAKE UP THE ROOM. STUDY THEM, PAYING SPECIFIC ATTENTION TO THE OBJECTS YOU USUALLY OVERLOOK. CONSIDER EACH ITEM, ITS STORY, WHAT IT MEANS TO YOU.” - **FROM YRSA DALEY-WARD'S BOOK, THE HOW**

HOW DOES YOUR ENVIRONMENT AND COMMUNITY INFLUENCE YOUR CAREER DECISIONS?

**"BE INTENTIONAL WITH THE STORY YOU ARE
DESIGNING. YOU ARE YOUR LIFE'S WORK ."**
-YRSA DALEY-WARD



Journal Prompts

FUTURE

IF MONEY WASN'T A CONCERN, HOW WOULD YOU SPEND YOUR TIME?

WHAT SKILLS DO YOU WANT TO DEVELOP OVER THE NEXT FEW YEARS?
WHAT KIND OF EXPERTISE DO YOU WANT TO BE KNOWN FOR EVENTUALLY?

**"THE PLACE IN WHICH I'LL FIT WILL NOT EXIST UNTIL I MAKE IT."
-JAMES BALDWIN**

WHO DO YOU WANT TO HELP THROUGH YOUR FUTURE WORK, AND HOW DO YOU WANT TO CHANGE THEIR LIVES?

HOW WILL YOU KNOW WHEN YOU'VE "MADE IT" IN YOUR CAREER? WHAT ACHIEVEMENTS WOULD MAKE YOU FEEL TRULY SUCCESSFUL? WHAT KIND OF RECOGNITION OR FEEDBACK WOULD BE MOST MEANINGFUL TO YOU?

WHERE DO YOU SEE YOURSELF LIVING AND WORKING IN THE FUTURE? WHAT DOES YOUR IDEAL WORK-LIFE BALANCE LOOK LIKE DOWN THE ROAD? HOW MUCH TRAVEL, FLEXIBILITY, OR STABILITY DO YOU WANT IN YOUR FUTURE CAREER?