

CAREER CLARITY NOW

100 CAREER JOURNALING
PROMPTS

UNKNOWN TO HIRED
CAREER KICKSTART ACADEMY

Career Clarity Now: 100 Career Journaling Prompts

Career Kickstart Academy. Com

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Get to Journaling!

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 analysing!

These 100 prompts are 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 journaling useful to you!

Your authentic career evolution starts within. This can be the most challenging step for some, but with a will, a prompt, and a fun notebook, you can do it!

100 Career Journal Prompts

Go Down Memory Lane

1. What did you want to be when you were a kid?
2. What did you want to be when you were in high school?
3. What was your first job?
4. What is been your best job so far?
5. What job have you liked the most so far?
6. What job have you been the most proud of?
7. List every job that you've ever had.
8. How did you get your first job?
9. How did you get your second job?
10. How did you get your last job?
11. Who was your favourite supervisor and how would you describe their management style?
12. Who is your favorite co-worker and how would you describe their professional style?
13. If you were to create a job out of all of the best parts of your past work experiences, what would that job be like?

Networkin' It

14. Who is your professional hero?
15. Who is your inspiration in your career?

16. Do you have a mentor, why or why not?
17. Do you have many work colleagues ,why or why not?
18. What is your greatest barrier to networking?
19. How have you networked in the past?
20. Describe yourself as an introvert or an extrovert, why or why not?
21. Do you feel like your personality style is an asset or a burden in the workplace?

Getting to Know You

22. If you had complete financial security and did not have to work, what would you do?
23. Why would you do that?
24. What hobbies do you have that are relevant to your career?
25. What is your favorite part of your industry?
26. Do you want to change careers, why or why not?
27. Do you feel burnt out by your work, why or why not?
28. How many hours would you work a day if you owned your own schedule?
29. What ways do you feel like your lifestyle is improved by your career?
30. In what ways do you feel like your lifestyle is negatively affected by your career?
31. What is the most interesting profession you've ever heard of?

What is your Perfect Workplace?

32. When you close your eyes and think of the perfect workplace, what does it look like?
33. What does this perfect office place make you feel?
34. Who are your co-workers in this perfect office place?
35. What makes this the perfect office place for you?
36. What management style does the perfect office place have for you?
37. What projects do you work on in your ideal office place?
38. How long is your commute to your perfect office place?
39. How do you communicate in this perfect office place?

Motivation, Please

40. What is your main motivation in your career?
41. Do you work to live or do you live to work?
42. If you had your chance to work anywhere in the world, where would you work?
43. Why do you think you haven't changed your career before?
44. How long have you been unhappy in your career?
45. Who influenced you to go into your current career?

46. Are you doing what you studied in college?
47. Do you want to be doing what you studied in college?
48. Do you wish that you had gotten different training?
49. What do you have career FOMO about?
50. Who is your ideal customer slash client slash collaborator?
51. If you could do just one career, what would it be?
52. What you want most of all in this world and why do you want it?
53. Do you feel like you have a Soul's purpose, why or why not?

Career Realness

54. What excites you about career development?
55. What intimidates you about career development?
56. How would you have done things differently in your career?
57. What is the best thing about the job/career that you wish to have?
58. Are you confused on what your next step is in your new career?
59. Why do you think you are confused?
60. What do you think might be a barrier to you achieving this goal?
61. Why do you think you haven't achieved this before now?
62. What scares you about this goal?
63. Do you think that you missed out on opportunities in the past?

64. Why do you think you missed out on those opportunities?
65. What was your biggest career mistake?
66. What was your biggest career accomplishment?
67. What is your elevator pitch?
68. How do you answer the interview question, 'Tell me about yourself?'
69. Where do you see yourself in 5 years?
70. Do you have a specific company that you want to work for, why or why not?
71. What is the specific company that you want to work for and why?

Let's Talk Feelers!

72. How do you want your job to make you feel?
73. How do you want to feel at work?
74. What are you not feeling at your current job?
75. How do you feel everyday at your current job?
76. If you are unemployed, why?
77. If you have been unemployed before, why were you?
78. Why you think you have been successful or unsuccessful in the job market?
79. How do you think you can realistically change your career in the next 6 months?
80. What is one thing in your life that if you removed it, would make your life that much better?

81. What is one thing about your career that if you removed it, would make your life that much better?
82. How do you think you can realistically change your career in the next year?
83. List five goals that you have for your career.
84. List five outrageous unrealistic, but completely authentic goals that you have for your career.
85. Would you start your own business, why or why not?
86. Would you work for somebody else, why or why not?
87. Do you like working for small teams, mid-sized companies, or large corporations?
88. What are your values?
89. Do you need your values to be reflected by your employer?

How Much Are You In It?

90. How much are you in it for the money?
91. How much are you in your career for the impact?
92. How much are you in your career for the creativity
93. What is your mission statement as a professional?
94. What level do you want to rise to: manager, CEO, self-employed, etc?
95. What is the best part of your work day

96. What is the worst part of your work day?
97. How do you keep yourself going on the rough days?
98. How do you practice self-care?
99. How much training do you need to go into your new career?
100. Who should you be networking with now to increase your chances to getting a job and your new career?

Bonus Questions!

101. What are the hot spots of the career that you want to get into?
102. Where do professionals in your newly chosen field hang out online?
103. What networking events in your newly chosen field happen in your area?
104. How often did you network in your previous career?
105. How often should you be networking in your newly chosen career?
106. What is your personal brand as a professional and do you like it?
107. Do you have a personal professional brand, why or why not?
108. Do you have an up-to-date and current resume, why or why not?
109. Do you have an up-to-date and current LinkedIn, why or why not?
110. If you were to be one hundred percent authentic and 100% in alignment with your soul, what would you be doing on an average day?
111. Who would you be if you were 100% authentic and 100% in alignment with your soul?