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Career Reflection Journal

15 min

Reflect on your professional life — track wins, navigate frustrations, and align your career with your values.

SECTION 1

One word to describe my work life right now:

SECTION 2

A recent professional win:

SECTION 3

Something frustrating me at work:

SECTION 4

What skill am I developing right now?

SECTION 5

Does my current work align with where I want to be?

SECTION 6

A professional relationship I want to invest in:

SECTION 7

My career goal for the next 6 months:

SECTION 8

If I could change one thing about my work, it would be:

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