



WriteLifeDesign

Career Transition Coaching
Discover | Refine | Pursue

Career Exploration Journal Prompts

As you explore where you've been, where you are and where you are going in your career you might choose to use the attached questions as journal prompts. Choose a question each day and give yourself 5 – 10 minutes of uninterrupted time to write whatever comes to mind in response to the prompt. Don't worry about editing content or grammar. Just write, explore, and roam freely wherever your writing takes you.

- What topics seem to draw you into a conversation?
- What makes you mad about the world?
- What do you want to be known for?
- What do you read about online, in the news, or in books that you find yourself wanted to talk with others about?
- What would you do if you didn't have to worry about paying the bills?
- What do you do that makes you lose track of time and seems like fun?
- What are your quirks?
- What do other people tell you that you are good at?
- If you could try any job out for a day, what would it be?
- If you could trade jobs with anyone, what would it be?
- What did you dream of doing when you were younger?
- What have you loved about prior jobs?
- If you had to go back to school today, what would you study?
- What do you spend your free time doing?
- What are the big things that you want to accomplish in your life?
- What do you want people to be able to say about you at your funeral?
- If you weren't worried about your age, what job or career would you try?
- What environments truly inspire you?
- Who inspires you?
- What kind of books and movies do you love?