



Journal Prompts

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 What is important to me?	2 What is my dream job? Why?	3 Who has influenced my ideas about my career options?	4 What jobs might I consider as a parallel plan? (Plan B, Plan C, etc.)	5 What career paths can I cross off my list?	6 What impact do I want to make on the world?	7 What topics and ideas spark my curiosity?
8 What do I "geek" over? What could I talk about for hours?	9 What do I have to offer others?	10 What comes naturally to me?	11 How do I like to spend my time?	12 What are my favorite courses, and why?	13 What extracurricular activities do I enjoy? What have I learned about myself?	14 Who do I look up to? What about them inspires or motivates me?
15 What personal qualities do I view as my strengths?	16 What activities make me feel happy or energized?	17 What are the biggest lessons I've learned so far?	18 What compliments have you received from others?	19 When have I been most inspired or most motivated?	20 If you had time to volunteer often, what organization, cause, or population would you serve?	21 What local, national, or global issues most interest you?
22 When I think about a happy life, what does that include?	23 Think of jobs, internships, or other activities you have done. Which ones have been most interesting to you?	24 What are my top 5 values? How do they play out in a work setting?	25 What makes you feel empowered?	26 What is one of your most meaningful life experiences?	27 How do you define success?	28 What barriers have you overcome?
29 What lifestyle do you prefer to live?	30 What are you most proud of?	31 What will best help me make this decision?				

