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# Career Journal

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A 30-Day Guided Journal



Daily Entry

Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Open the journal at the end of each workday — consistency is the key habit
  - Record one specific accomplishment: a task completed, a problem solved, a conversation that went well
  - Note one skill you practiced and one insight or lesson you took away
  - Capture any feedback received and reflect on one challenge you faced
  - Close by writing your single most important goal for tomorrow to start the next day with clarity



Scan for a detailed guide on how to use this journal



























































