


Job Search Journal



A 30-Day Guided Journal



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How to Use This Journal

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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- Log each new application immediately: date, company, position, and where you found it
 - Set a follow-up date 5-7 days after applying if you've heard nothing
 - Update the status column after every interaction — phone screen, interview, offer, or rejection
 - Use the notes column for key contacts, interview feedback, or salary details
 - Review weekly: follow up on pending applications and drop ones past 4 weeks with no response



Scan for a detailed guide on how to use this journal

