

50 Career journal prompts to find your purpose

Dreamdashjournal.com

1. What were your hobbies as a child and teen? List all your favorite hobbies and activities, no matter how insignificant they may seem.
2. Brainstorm 10 ways each hobby could become a career.
3. How did you feel about working with others as a child and as a teen? Did you like being a leader, working alone, working with small or large groups? What role did you take? What role did you want to take?
4. How does competition make you feel? Do you believe you must be competitive to win? Write about your feelings about competition.
5. Write how you feel about working these different ways: with your hands, with your mind/imagination, and with your whole body. What do you prefer?
6. What are the ideal hours of your ideal job and how many hours per week would you work?
7. What is your desired income level? Journal what your income could provide for you both emotionally and in terms of actual stuff.
8. Describe what you wear to your dream workplace. (Your ideal fashion style.)
9. What is the physical environment like? (Inside, outside, sunny, dark, office, castle, boat, ocean views, city, country, etc.)
10. Who are your ideal co-workers? Describe their personalities, levels of expertise, do they bring in snacks, etc.
11. Do you think your ideal career is out of reach or impossible? Write 10 reasons why. Then dispute each reason playing devil's advocate to look for holes in your "can't do it" theory.
12. What did your social conditioning from your family and community tell you about what to do and where to go in life?
13. What past traumas may be clouding your concept of your career path?
14. Journal what day-to-day stress is keeping you stuck.
15. Describe any lifestyle stressors such as physical illness, mental health, disabilities, or living environment which are affecting you finding happy work.
16. What about current or past relationship stress holding you back from fulfilling employment?
17. Any financial stress such as poverty or debt stopping you? How does this stress make you feel?

18. List 10 affirmations of self-love and encouragement to yourself for every major stressor identified.
19. What jobs that you've held have you liked and disliked most? List 5 reasons why you've liked and disliked each job.
20. Journal 10 possible ways to push out of your comfort zone related to work. This could be taking a class, asking for a new position within your company, networking, etc. Which way/s seems easiest? Hardest?
21. Make a list of 50 potential new skills to learn. It could be anything, from tying a knot to frosting a cake. Get creative and only list what actually interests you or may potentially interest you.
22. Journal a 1-week plan to learn one new skill.
23. Journal a 6-week plan to learn 6 new skills.
24. Find 5 books or websites about things you're interested in, and journal 5 top bits about each site/author/expert (ie the goal of the site, how it earns money, what products or services it offers, related products/people, etc.)
25. List 5 favorite career quotes that inspire you.
26. Journal 10 crazy ideas for jobs you'd love that don't yet exist. Could these jobs exist in the future? Are there any related fields you could explore?
27. Journal 10 work environments you'd love to experience. IE, An office way up high in a skyscraper with amazing views. Or a giant art studio where you'd paint every day.
28. Now list 10 work environments you would hate, just to be clear.
29. Journal your ideal company motto or company statement.
30. What do you want to give people the most? To share of yourself?
31. What do you need to be given to you? Or what do you need back from the world? IE Recognition, love, fame, freedom, a simple "thank you."
32. What would your future best self from 10 years in the future say to you now? How would your higher self/future self advise you?
33. What are the exact negative phrases your mind is telling you about finding your passion? For example, do you keep telling yourself that you're lost? A total loser? Journal the origin of those phrases.
34. Journal forgiveness to anyone and anything that has ever made you feel lost and confused.
35. Then journal forgiveness to yourself.
36. Write a list of 10 self-care to love yourself.
37. Journal 100 sources of inspiration. Be super-specific. IE- Paintings by Mark Rothko, fancy chocolate, inspirational quotes.
38. Write down 3 actions you can take each day toward discovering your passion.
39. Journal your 11 highest highs/ happiest moments in your life.

40. How are the people closest to you helping or not helping you with your personal growth and development related to your career?
41. Who do you wish you had a career like? Is there anyone who you're jealous of their career?
42. You are free and have free will. Journal all the ways and reasons why you're free to discover your passion, to show yourself you're not as trapped as you may think.
43. Journal your favorite books to read. What books or music inspires you?
44. Make a list of all the people in this world who inspire you.
45. Journal 111 single words that inspire you. IE Passion, purpose, inspiration, success.
46. List 11 ways you can raise your vibration to manifest your ideal career. IE Meditation, better self-care, gratitude.
47. Speaking of gratitude, journal 10 lessons you're grateful to have learned so far about career fulfillment. In other words, what has life taught you thus far that will serve you well in finding a job that makes you happy?
48. List your top 10 companies to work for if you could work for anyone.
49. Write where your ideal career would lead you, IE into entrepreneurship, to meeting the love of your life, or around the world traveling.
50. Journal 10 positive lessons you'd like to share with others about finding your passion.