

Career Reflection Journal Template

Here is a **Career Reflection Journal Template** designed to help someone explore their current career path, emotional connection to work, unmet needs, and how it aligns (or doesn't) with their values and goals.

Date:

Time of Entry:

1. Where Am I in My Career Right Now?

Describe your current role, industry, and how long you've been in this position or path.

- Job title and main responsibilities:

- How long I've been in this field:

- What drew me to this career originally:

- How I'd summarize where I am right now: *E.g., "Coasting," "Feeling stuck," "Thriving but questioning," "Ready to grow."*

2. What Do I Get From My Work?

Reflect on what your career currently gives you — practically and emotionally.

- Skills I use or develop:

- Things I enjoy or find meaningful:

- Ways it meets my needs (income, stability, growth, connection, identity):

3. Where It No Longer Serves Me

Explore the ways your job or career may not align with your needs, energy, or evolving goals.

- Parts of the work that drain me:

- Frustrations or unmet needs:

- What I feel I'm outgrowing:

- What I'm tolerating that I may need to change or leave behind:

4. How Does This Work Make Me Feel?

Tap into your emotional and physical response to your job.

- At the beginning of the day:

- During work:

- After work or on weekends:

- In my body (stress, tension, energy, excitement):

5. Does This Career Align With My Core Values?

Compare what matters most to you with what your job asks of or offers you.

- My top 3–5 core values (e.g., creativity, freedom, service, honesty, learning):

- Does my job reflect these values?

- Where is the alignment strong?

- Where is it misaligned?

6. Does This Career Support My Long-Term Goals?

Zoom out. Think big picture.

- My personal/professional goals for the next 5–10 years:

- Is this job helping me move toward those goals?

- If not, what feels like a detour or distraction?

- What might bring me closer to where I want to be?

7. What Are My Options?

You don't need to decide now — just explore possibilities.

- Small changes I could make within my current role:

- New paths, roles, or industries I'm curious about:

- Skills I'd like to develop or explore:

- Support I might need (mentors, training, financial planning):

8. What Do I Want More of in My Career?

Let yourself imagine a more fulfilling path.

- More of this:

- Less of this:

- One dream job quality or situation that lights me up:

9. What Is One Insight I'm Taking From This Reflection?

Summarize your key realization or feeling after writing. *E.g., "I need to stop minimizing how exhausted I am." "I want purpose over prestige." "I'm ready to explore, even if I stay."*

10. One Small Step I Can Take This Month

Make it actionable — something light but meaningful.

Update my resume. Talk to a mentor. Take a course. Set a boundary. Start dreaming bigger.
