

30-DAY CAREER JOURNAL

---Motivational---

- Quotes**
- Strategies**
- Daily Activities**

---You Can Use---
to Enhance
Your Career!



Use this **30-DAY CAREER JOURNAL** to record the things you've always wanted to say about your career...but didn't have time to write.

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Introduction

Keeping a career journal is a very practical thing to do. It helps you to:

- Express emotions and ideas—the things you’ve always wanted to say about your career, but did not have time to write. Solutions to career-related issues become clearer when you write them down.
- Understand your reasons for pursuing a career. Because your reasons can change over time, keeping a career journal will help you see patterns and themes that give you clues to your **Career Sweet Spot**.
- Take advantage of and apply what you learn at work on a daily basis to your career.



How to Use Your Career Journal:

1. Determine a regular schedule for writing in your journal each day. Find a quiet place where you will not be interrupted.
2. As you write, remember the purpose of your journal. Resist the urge to “wordsmith” or critique your writing. Just let it flow from your thoughts and experiences.
3. To keep up the momentum, at the end of each week, go back and read that week’s journal entries. Notice your moods and emotions as well as the subject matter, and think how they impact taking your career to a new level.
4. Make a fresh copy to use each month to record your career progress.

Day 1:

“I can't do it" never yet accomplished anything; "I will try" has performed wonders.”

--George Burnham

Which actions did you take today to enhance your career?

Which activities were the most impactful for you?

How do you plan to capitalize on today's accomplishments?

Day 2:

“When your work speaks for itself, don't interrupt.”

--Henry J. Kaiser

Which actions did you take today to enhance your career?

Which activities were the most impactful for you?

How do you plan to capitalize on today's accomplishments?

Day 3:

“Far and away the best prize that life has to offer is the chance to work hard at work worth doing.”

--Theodore Roosevelt

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Day 4:

“The man who does things makes many mistakes, but he never makes the biggest mistake of all - doing nothing.”

--Benjamin Franklin

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Which activities were the most impactful for you?

How do you plan to capitalize on today's accomplishments?

Day 5:

“If you don't want to work, you have to work to earn enough money so that you won't have to work.”

--Ogden Nash

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Which activities were the most impactful for you?

How do you plan to capitalize on today's accomplishments?

Day 6:

“A difficult time can be more readily endured if we retain the conviction that our existence holds a purpose - a cause to pursue, a person to love, a goal to achieve.”

--John Maxwell

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Day 7:

“The reward of a thing well done is to have done it.”

--Ralph Waldo Emerson

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Which activities were the most impactful for you?

How do you plan to capitalize on today's accomplishments?

Day 8:

**“Blessed is he who has found his work; let
him ask no other blessedness.”**

--Thomas Carlyle

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Which activities were the most impactful for you?

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Day 9:

“Every job is a self-portrait of the person who does it. Autograph your work with excellence.”

--Unknown

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Day 10:

“It's how you deal with failure that determines how you achieve success.”

--David Feherty

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Day 11:

“Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible.”

--St. Francis of Assisi

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Day 12:

“Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all.”

--Sam Ewing

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Day 13:

“Opportunity is missed by most people because it comes dressed in overalls and looks like work.”

--Thomas Edison

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Day 14:

“Don’t let economics alone determine your career or how you spend the majority of your time.”

--Denis Waitley

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Day 15:

“The world is full of willing people, some willing to work, the rest willing to let them.”

--Robert Frost

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Day 16:

“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.”

--Colin Powell

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Day 17:

“If A equals success, then the formula is: $A = X + Y + Z$, X is work. Y is play. Z is keep your mouth shut.”

--Albert Einstein

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Day 18:

“The secret of joy in work is contained in one word—excellence. To know how to do something well is to enjoy it.”

--Pearl S. Buck

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Day 19:

**“The more I want to get something done,
the less I call it work.”**

--Richard Bach

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Day 20:

“The best careers advice to give to the young is 'Find out what you like doing best and get someone to pay you for doing it.’”

--Katherine Whitehorn

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How do you plan to capitalize on today's accomplishments?

Day 21:

“What you can do, or dream you can - begin it! Courage has genius, power and magic in it. Only engage, and the mind grows heated. Begin it, and the work will be completed.”

--Goethe

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Day 22:

“Challenges make you discover things about yourself, you never really knew. They’re what make the instrument stretch; what make you go beyond the norm.”

--Cecily Tyson

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Day 23:

“I don’t know the key to success, but the key to failure is trying to please everybody.”

--Bill Cosby

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Day 24:

“I have missed more than 9000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot--and missed. And I have failed over and over and over again in my life. And that is why--I succeed.”

--Michael Jordan

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Day 25:

“Let us realize that the privilege to work is a gift, that power to work is a blessing, that love of work is success.”

--David O. McKay

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Day 26:

“Experience is an asset of which no worker can be cheated, no matter how selfish or greedy his immediate employer may be.”

--Napoleon Hill

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Day 27:

“My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition.”

--Indira Gandhi

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How do you plan to capitalize on today's accomplishments?

Day 28:

“Work for something because it is good, not just because it stands a chance to succeed.”

--Vaclav Havel

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Which activities were the most impactful for you?

How do you plan to capitalize on today's accomplishments?

Day 29:

“When we are doing what we love, we don't care about time. For at least at that moment, time doesn't exist and we are truly free.”

--Marcia Wieder

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Which activities were the most impactful for you?

How do you plan to capitalize on today's accomplishments?

Day 30:

**“It is amazing what can be accomplished
when nobody cares about who gets the
credit.”**

--Robert Yates

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ChristianCareerTools.com

ChristianCareerTools.com is dedicated to helping individuals reach their professional potential by managing their careers according to Biblical principles.

A ministry of [3 Point Consulting, LLC](#), we help career-minded professionals set a course and establish processes for achieving goals. And because conditions are ever changing, we provide the concrete tools to be responsive.

Since 1997, we have provided career coaching, professional development, human resources and talent management consulting to corporate and individual clients throughout the United States.

Althea DeBrule, founder of ChristianCareerTools.com, is distinguished for helping individuals define their passion, role and strengths in order to maximize their God-given potential. She focuses on the whole person by helping individuals align career, lifestyle and Christian walk.

For more information on how to enhance your career, visit our website at:

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