## CareerShodh Presents





## THIS BOOK BELONGS TO:

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_	gs you are ul for :	I.			
		2.			
		3.			
Today affirm	y's nations :				
My n	nood today is.				
0 (	Calm		Rested		Creative
0 F	Нарру		Angry		Sad
0 A	Anxious		Playful		





Reflect on a recent challenge you faced. How did it shape your understanding of your strengths and areas for growth? What would you do differently if you encountered a similar situation again?





How have your emotions fluctuated over the past week? What situations triggered these emotions, and how did you manage them?  Reflect on whether you responded in a way that aligned with your
values.





Think back to a particularly memorable day from your past. What made it stand out, and how has it shaped who you are today? Would you change anything about that day if you could?





Write about a time when something didn't go as planned. What did you learn from the experience, and how have you applied those lessons to future decisions or actions?					





Reflect on how much you've grown in the past year. What are the key experiences that have contributed to your personal or professional development, and how do you envision continuing that growth in the future?





Thanks for journaling with us! Remember, your journey doesn't stop here—keep writing, reflecting, and growing.

Want more tips, prompts, and inspiration? Follow us on social media and stay connected with our community!

Follow us on Instagram: @careershodh

Visit our website for more resources: www.careershodh.com or PsychUniverse.com

We'd love to hear from you—tag us in your journaling journey and let's keep the conversation going!





