

Stay organized and track your progress. This will help visualize how far you've come in your job search journey. Your notes here will come in handy when employers come calling!

Date Applied	Company	Position/Title	Salary	Notes	Contact Info	Offer Y/N





Knowing what drives you is a powerful thing. Think about what a new job will mean for your life. Write down the core beliefs you want to be known for in the next phase of your career so you can identify companies that share your values.

1	Example Values
	 Flexibility Autonomy Career Development Social Impact Recognition
3	If you were a company, what would be your mission statement?
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List emotions on the left (e.g. excited, motivated, focused, stressed, nervous, anxious) then fill in the boxes with colors or symbols to track your mental state. This will help you identify when to take a break, pace yourself, or sprint to the finish.

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Let's start figuring out what your dream job looks like.
What would you change about your last or current position if you had the power to change it?





What do you want to remember going into your interview? Jot down the questions you'd like to ask, observations about the company's work, or your ideal salary range.

	Questions to Ask
1. 2.	What about my resume caught your eye? What are the key performance indicators (KPIs) for this position?
3.	How is your mission statement reflected in the company culture?
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Sometimes a single change can make all the difference. What is one thing you can do to improve your job search?





Need a boost? List the things that will keep you motivated, both negative (like your current micromanager boss) and positive (a shorter commute or less financial stress).





Remind yourself of five ways you can practice self-care while navigating your job search.

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Did I Take Care of Myself This Week? Check off if you've done any of your five acts of self-care

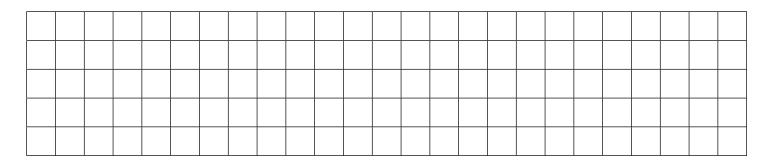
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How do you cultivate a sense of purpose in your profession? Think about community needs, relationships, corporate values, and your personal growth.

