



ACP.

**30-DAY
JOURNAL**

The logo consists of the letters 'ACP.' in a bold, sans-serif font, centered within a square border. The background of the entire page is a repeating pattern of gold-colored lines forming a 3D effect of stacked cubes or hexagons.

ACP.

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CAREER

DAY 1

What three thoughts describe my past relationship with my career?

DAY 5

What were things you believed as a kid about your abilities, that still impact you today?

DAY 9

Who am I blaming for where my career is right now? Why am I wrong?

DAY 13

Why am I made for the career goal I've chosen?

DAY 17

How do I best leverage my job towards my career goal?

DAY 21

What has changed about how I feel about my career since I started journaling this month?

DAY 25

On a scale of 1-10, how strongly do I believe I can achieve my career goals and why?

DAY 29

These are three things I appreciate about myself in context of my career ...

DAY 2

The purpose of my career is ...

DAY 6

How have you managed your career in the past?

DAY 10

When I plan my career action steps each week, I think ...

DAY 14

When I think of my abilities, the ones I'm most proud of are ... because ...

DAY 18

Beyond my day-to-day job responsibilities, what are some other tools I can use to get to my career goal?

DAY 22

My ideal day at work looks like this ...

DAY 26

This is what I've learned about my career so far this month...

DAY 30

What three words describe my future relationship with my career?

DAY 3

What does my career allow me to do in my life?

DAY 7

What do you believe is the difference between your career and your job?

DAY 11

What do I love about my career?

DAY 15

What are three words that describe my present relationship with my career?

DAY 19

This is my list of thoughts about my career that I want to keep.

DAY 23

If I wanted to love the role my career plays in my life, I would need to think ...

DAY 27

What changes can I already see that are moving me closer to my career goal?

DAY 4

When I think of my career, I feel ...

DAY 8

Name three excuses you use to avoid pursuing your career potential?

DAY 12

Three things I'm grateful for in my career are ...

DAY 16

What are three words that describe my future relationship with my career?

DAY 20

How do I want to feel about my career in the future that I can feel now?

DAY 24

What past career event is still holding me back today, and why?

DAY 28

This is the list of thoughts about my career that I'm ready to let go of...

THE BOSS

DAY 1

What do I believe is the role of a boss?

DAY 5

If my boss was not responsible for my growth and development, what would I do?

DAY 9

What am I blaming my boss for that actually comes from my own thoughts?

DAY 13

How can I leverage my boss to help me get closer to my career goal?

DAY 17

No boss is perfect. True or False? What are your thoughts either way?

DAY 21

Here's what I changed about how I think about my boss since I started journaling this month...

DAY 25

Which values could you use to build a stronger relationship with your boss?

DAY 29

These are three things I appreciate about myself in context of my boss ...

DAY 2

What makes a great boss?

DAY 6

These are the top three things I appreciate about my current boss.

DAY 10

What are three things I need for my goal that my boss can't teach me? Where can I learn those things instead?

DAY 14

In the last week, these are the things I appreciate about my boss.

DAY 18

I tend to focus on the things that my boss is missing. True or False? Why?

DAY 22

Reframe three negative thoughts you have about your boss into a neutral to positive one.

DAY 26

This is what I've learned about my boss relationship so far this month...

DAY 30

No matter what my boss says or does, I can appreciate them even if I don't agree with their behaviour? Why or why not?

DAY 3

What makes a not-so-great boss?

DAY 7

These are the top three things I can learn from my current boss.

DAY 11

What are the things I say about my boss that don't serve me?

DAY 15

What are three words that describe my present relationship with my boss?

DAY 19

What do you think about yourself in context of your boss?

DAY 23

Name three ways you and your boss' skill sets are complementary to each other.

DAY 27

Whose opinion of me is more important; mine or my boss'? Why?

DAY 4

The best boss I ever had was ---- and here's why...

DAY 8

When it comes to bosses, I have a pattern of ...

DAY 12

I am intimidated by my boss - True or False? What are your thoughts either way?

DAY 16

What are three words that describe my future relationship with a boss? Can I practice those things now?

DAY 20

What do you think your boss thinks of you? Which thoughts are provable facts?

DAY 24

How could you help your boss be more successful?

DAY 28

Three things I appreciate about my boss are ...

MANAGING TIME

DAY 1

Do I think I have enough time? Why or why not?

DAY 5

What are main thing I invest my time in that are for me?

DAY 9

What are the three things I do that waste the most time? What can I do to change?

DAY 13

What would I do with an extra hour of time?

DAY 17

Which meetings do I have that aren't the best use of my time?

DAY 21

What's one thing I can say "yes" to today that will help me? Why?

DAY 25

If my boss told me I could only work a max of 40hrs/wk, what changes would I make to how I spend my time?

DAY 29

This is my list of thoughts about time I'm willing to drop.

DAY 2

Do I want more time? Why or why not?

DAY 6

What does being busy feel like?

DAY 10

Where is my growth on my priority list? Why?

DAY 14

How much time do I spend worrying about things that haven't happened yet? Why?

DAY 18

What don't I make enough time for in my career? How will I make time for it?

DAY 22

When someone asks me how I am, I say "I'm so busy". Why do I say that?

DAY 26

On a scale of 1-10, how do I manage my time? Why or why not?

DAY 30

This is my list of thoughts about time that I want to keep and/or adopt.

DAY 3

Do I have plenty of time to do what I need to do today? Why or why not?

DAY 7

If I could change one thought I have about time it would be ---- and here's why.

DAY 11

What do I do with my free time? How do I make the most of it?

DAY 15

What can I get done today so I don't have to spend energy on procrastination?

DAY 19

What is something I can ask for today that will save me some time?

DAY 23

If I could change one thought I have about time, what would it be? Why?

DAY 27

What changes can I already see in the way I manage and think about time?

DAY 4

Is my time valuable? Why or why not?

DAY 8

If I could change how I managed my time yesterday, what would I do differently and why?

DAY 12

What decision can I make today that I'm putting off?

DAY 16

What can I say "no" to today that will help me?

DAY 20

What do I use "time" as an excuse not to do?

DAY 24

What do I want to think about my time today?

DAY 28

Do I think I have enough time? Why or why not?

MANAGEMENT STYLE

DAY 1

Who will I choose to focus on this month and why?

DAY 5

What do I currently believe about my ability to manage this person?

DAY 9

What type of management style do I imagine this person wants from me?

DAY 13

What do I consider my role is as a manager of people?

DAY 17

What are my thoughts around 'helping people find their own solutions' vs. giving them clear direction?

DAY 21

What has changed about how I feel about this person since I started journaling this month?

DAY 25

On a scale of 1-10, how strongly do I believe I can be a great people manager?

DAY 29

These are three things I appreciate about myself in context of my management style ...

DAY 2

Describe my current relationship/interactions with this person.

DAY 6

List three management style changes I want to make with this person and why.

DAY 10

If I believed helping this person grow was my most important priority, how would I behave differently?

DAY 14

Describe how I normally give feedback to this person. When, how, and how often?

DAY 18

If this person fails a task, what do I make that mean about me? And about them?

DAY 22

Some new things I've been trying that work are...

DAY 26

This is what I've learned about my management style so far this month...

DAY 30

What changes have I seen in how this person performs since I started journaling this month?

DAY 3

Based on yesterday's description, separate the facts from the thoughts.

DAY 7

List three elements of my management style I don't want to change with this person, and why.

DAY 11

What are my main worries when I manage this person? How do these thoughts serve me?

DAY 15

When I criticize this person, what are the thoughts I'm thinking?

DAY 19

When I think about my favourite manager, how did they help me grow in my role?

DAY 23

What do I think about myself in context of this person?

DAY 27

What changes can I already see that are making me a better manager?

DAY 4

Describe the ideal version of me managing this person.

DAY 8

What do I appreciate about this person?

DAY 12

How can I use my values in how I manage this person?

DAY 16

Do I tend to offer directive feedback or help people come up with their own solutions? Why?

DAY 20

If I was this person, what would I want from my manager?

DAY 24

What past event is still getting in the way of me managing this person effectively?

DAY 28

This is the list of thoughts about my management style that I'm ready to let go of...

JOB SEARCH

DAY 1

What three thoughts describe your past experience with job search?

DAY 5

Write about an example of you successfully managing a conflict situation. Why was it successful?

DAY 9

What values will you focus on for your job search this week?

DAY 13

Why am I made for the job I'm going after?

DAY 17

What am I doing to get in my way of my planned actions this week?

DAY 21

Describe the ideal version of me at an interview? What do I need to think to show up that way?

DAY 25

What are three things I can do to accelerate the job search that I've never done before?

DAY 29

These are three things I appreciate about myself in context of my job search ...

DAY 2

What are your top three thoughts today about job search?

DAY 6

When I think of going for an interview, my top three thoughts are ... how do those thoughts serve you?

DAY 10

These are the thoughts I choose to think as I customize my resume for each job.

DAY 14

How do you feel about your planned tasks for this week? What thoughts are creating that feeling?

DAY 18

What have I learned about myself from the last few jobs I've applied for?

DAY 22

What adjustments will I make to my job search strategy this week?

DAY 26

This is what I've learned about my job search so far this month...

DAY 30

How do I feel different about the job search than I did on Day 1?

DAY 3

What are your thoughts about your resume?

DAY 7

What do you think about your qualifications?

DAY 11

These are the thoughts I choose to think as I prepare myself for an interview.

DAY 15

What would the future version of my think about the job search process?

DAY 19

This is my list of thoughts about my job search that I want to let go of.

DAY 23

If I wanted to be excited about the job search process, I would need to think ...

DAY 27

What changes can I already see that are moving me closer to landing a job?

DAY 4

When you think of applying for jobs, is it easy or hard? Why?

DAY 8

Would you hire you for the job you want? Why or why not?

DAY 12

Write about an example of when you showed strong leadership.

DAY 16

What is my story I want to share with potential employers?

DAY 20

This is my list of thoughts about my job search that I want to keep.

DAY 24

What past career event is holding me back from showing up at 100% for the job search process?

DAY 28

What are three qualifications you don't feel confident in that you can reframe in your favour?

RELATIONSHIPS

DAY 1

The relationship I want to focus on is _____. I want to focus on this relationship because ...

DAY 5

What do I think of myself in when I'm with this person?

DAY 9

How can I use my values to build this relationship?

DAY 13

What would I need to think to allow this person to be who they are?

DAY 17

If I was starting this relationship over, what would I change about my approach?

DAY 21

What has changed about my relationship with this person since I started journaling this month?

DAY 25

What do other people really appreciate about this person?

DAY 29

These are three things I appreciate about myself in context of this person ...

DAY 2

What is my general opinion of this person?

DAY 6

What do I think this person thinks of me?

DAY 10

Why do I want to build this relationship? What's stopping me from doing that?

DAY 14

How can I leverage this relationship to move me closer to my career goal?

DAY 18

This is what I want our relationship to look like in one year from now?

DAY 22

What was I thinking during my last positive/effective interaction with this person?

DAY 26

Do I need to like someone to respect or work with them? Why or why not?

DAY 30

What three words describe my future relationship with this person?

DAY 3

What have been our top 3 interactions? And our 3 worst interactions? Why?

DAY 7

A thought I keep having about this relationship is... Do I need to keep this thought or let it go? Why?

DAY 11

What thoughts do I have that are stopping me from making this relationship work for me?

DAY 15

What can I do to help this person reach their own career goals?

DAY 19

What can I learn from from my last interaction with this person?

DAY 23

If I wanted to really appreciate and value this person, I would need to think...

DAY 27

If I allowed this person to be themselves 100% of the time, without judging, what would change in the relationship?

DAY 4

If I could change one thing about this person, it would be this... Why?

DAY 8

How would the future version of you approach this relationship?

DAY 12

What are three things I appreciate about this person?

DAY 16

How am I trying to change this person to suit my own 'rules of engagement'?

DAY 20

What advice would I give someone who wanted to build a relationship with this person?

DAY 24

What past interaction is holding me back that I need to let go of?

DAY 28

This is the list of thoughts about this person that I'm ready to let go of...

SELF-CONFIDENCE

DAY 1

What do I currently think about myself?

DAY 5

What are the top three thoughts I have about myself right now? Do I want to keep them?

DAY 9

Look at the Day 1 thoughts that didn't feel so good. How can you change them to something that feels better?

DAY 13

A thought I had today (or this week) that I really like was why?

DAY 17

Three things that I think makes me special.

DAY 21

List all the things that you appreciate about yourself in the last three days.

DAY 25

How does the future version of me speak to his/herself?

DAY 29

These are three things I am going to believe about myself moving forward.

DAY 2

What are the top three moments in my career/life? How have those influenced me?

DAY 6

What are three things I was told in the past that I still believe about myself? Do I want to keep believing them?

DAY 10

Pick 2 things to do today that show yourself love? What do you think about doing them? About this question?

DAY 14

Why do I want to hang onto past thoughts about myself that don't serve me?

DAY 18

Someone said _____ at work this week and it made me think _____ about myself. Why?

DAY 22

When I doubt myself, I think _____. What could I be thinking instead?

DAY 26

How can my values support my self-confidence?

DAY 30

What thoughts have I changed about myself since Day 1?

DAY 3

What are the three lowest moments in my career/life? How have those influenced me?

DAY 7

How will letting go of some of my old thoughts change how I show up today?

DAY 11

Whose opinion do I rely on the most for my self worth? Do I want to keep relying on them?

DAY 15

What do I say when someone compliments me. Why?

DAY 19

Everytime I start behaving as the future version of me, I believe _____ about myself.

DAY 23

These are some things I've done in my career even though I'd never done them before.

DAY 27

What changes can I already see that are making me more self-confident?

DAY 4

When I think about saying nice things to myself, I think these thing.... and why?

DAY 8

Are other people's opinions important to me? Why or why not?

DAY 12

Am I the person I rely most on for my self worth? Why or why not?

DAY 16

These are the compliments I receive. Do I believe them? Why or why not?

DAY 20

Pick a time in your career when you feel insecure. How can you look at this a new way?

DAY 24

This is one thought I seem to always think about myself that just isn't true. What can I say instead?

DAY 28

This is the list of thoughts about myself that I'm ready to let go of...

FAILURE

DAY 1

What three thoughts describe my past relationship with my failure?

DAY 5

What did I believe about your failure as a kid that still impacts me today?

DAY 9

Think about a failure of someone you care about. What advice would you give them about their failure?

DAY 13

Do you consider failure a strength or weakness? Explain your answer.

DAY 17

How do I best leverage failure towards achieving my career goal?

DAY 21

What has changed about how I feel about failure since I started journaling this month?

DAY 25

On a scale of 1-10, how strongly do I believe I can fail without thinking I'M a failure? Why?

DAY 29

This is the list of thoughts about failure that I will practice from now on...

DAY 2

How did my family treat failure?

DAY 6

Describe how I've managed failure in the past?

DAY 10

What skill did you struggle with 3 years ago that is much easier today? List the failures that led to your success.

DAY 14

When I think of my failures, the one I'm most proud of is ... because ...

DAY 18

What are three positive thoughts I can have about failing that I already believe.

DAY 22

My ideal approach to failure looks like this ...

DAY 26

How can I give myself space to fail in my current job?

DAY 30

Describe how the future version of you handles failure.

DAY 3

What do I make it mean when I fail?

DAY 7

Describe the worst thing that can happen if you fail at work. What makes it so bad?

DAY 11

Think of a recent failure at work. What advice would I offer if it was a colleague that failed instead of me.

DAY 15

What are three words that describe my present relationship with failure?

DAY 19

This is my list of thoughts about failure that I want to keep.

DAY 23

If I wanted to appreciate the role failure plays in my life, I would need to think ...

DAY 27

Do I believe I need to fail to reach my career goal? Why or why not?

DAY 4

What do I think about failing at work? Why?

DAY 8

Describe 3 failures in your life/career that ultimately worked out for the best.

DAY 12

Think of a recent failure. What could I have thought about it to show myself compassion?

DAY 16

What are three words that describe my future relationship with failure?

DAY 20

What are three positive thoughts I can have about failing that I'd like to believe in the future?

DAY 24

What past failure is still holding me back today, and why?

DAY 28

This is the list of thoughts about failure that I'm ready to let go of...



DISCOMFORT
AND DOUBT
ARE THE PRICE

*of your
goals*



DATE: |

MY JOURNAL

Use a journal prompt or write what's on your mind. Get it out of your head. Then answer the questions below. Pick one thought from your writing for the first column, then see what happens when you change it. Make sure the new thought is believable. If you're having trouble, use the NEW THOUGHT STARTERS to help you bridge to a new thought.

I currently think:

I could also believably think:

That makes me feel:

That thought would feel:

When I feel that way, I do and don't do ...

If I felt that way, I will and won't do ...

DATE: |

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