



# Professional Growth

JOURNAL



[www.chelliephillips.com](http://www.chelliephillips.com)

# 20 Days of Career Mindfulness

IF I COULD DO ANYTHING AT ALL FOR A JOB IT WOULD BE ...

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THE THINGS I LOVE ABOUT MY CURRENT ROLE ARE...

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WHAT GETS ME DOWN ABOUT MY CURRENT ROLE IS ...

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THE THINGS I'D MOST LIKE TO LEARN MORE ABOUT ARE ...

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# 20 Days of Career Mindfulness

IN MY IDEAL JOB I WOULD BE ...

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WHEN I AM FRUSTRATED AT WORK I ...

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WHEN I THINK ABOUT CHANGING CAREER I FEEL ...

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IF I WON THE LOTTERY TONIGHT, BY THIS TIME NEXT YEAR I WOULD ...

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# 20 Days of Career Mindfulness

IF I HAD 10% MORE SELF-BELIEF, I WOULD ...

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I FEEL VALUED AT WORK BECAUSE....

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WHAT COULD I HAVE DONE BETTER THIS WEEK?

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HOW CAN I BE A BETTER COMMUNICATOR?

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# 20 Days of Career Mindfulness

IF I COULD DO ANYTHING AT ALL FOR A JOB IT WOULD BE ...

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WHAT DID I DO TODAY THAT WILL GET ME CLOSER TO MY CAREER GOALS?

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I AM PROUD OF MYSELF PROFESSIONALLY BECAUSE \_\_\_\_\_.

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WHAT IS ONE AREA I CAN LEARN MORE ABOUT IN ORDER TO BE BETTER AT MY  
JOB?

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# 20 Days of Career Mindfulness

WHAT IS THE NEXT STEP IN MY CAREER, AND CAN THAT BE DONE IN MY CURRENT POSITION?

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IS THERE PROFESSIONAL DEVELOPMENT OR EDUCATIONAL TRAINING I NEED/WANT TO PURSUE TO IMPROVE AND FURTHER MY CAREER? HOW CAN I MAKE THAT A REALITY?

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WHAT AM I GRATEFUL FOR AT WORK?

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AM I ENDING MY WORKWEEK FEELING BURNT OUT? IF SO, WHY?

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# Design a life (or workplace) you love.

## **Keynotes**

If you want to create an irresistible workplace and have a lasting impact on employee behavior, I'll serve as that motivator and change agent. My authenticity and passion will have your audience engaged from start to finish and ready to act.

## **Workshops**

When you assist your employees in creating their personal career brand, you become a partner in their career development. You enable them to recognize their strengths and contributions they bring to your organization. It's a strong signal that you value what they bring to the table.

## **Coaching**

Together, we design a career strategy with your vision of success in mind. Along with crafting attention getting online profiles, you'll implement tactics to become more visible in the workplace so decision makers take notice.

## **Online Courses**

In 30 days, you can create a personal brand designed for career success. This self-paced course walks you step by step through the creation process. You'll even find information on how to prepare for evaluations and interviews too!



[www.chelliephillips.com](http://www.chelliephillips.com)  
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## Now Booking for 2023

