



**OCCUPATIONAL  
WELLNESS  
JOURNAL**

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# Journal prompts about yourself

( IF YOU AREN'T CURRENTLY EMPLOYED, THEN YOU CAN IMAGINE WHEN YOU ARE AND/OR CONSIDER YOUR SCHOOLING AS YOUR WORK COMMITMENT FOR NOW.)

1) HOW DO YOU MANAGE THE BALANCE BETWEEN YOUR WORK COMMITMENTS AND PERSONAL LIFE, INCLUDING THE ESTABLISHMENT AND MAINTENANCE OF HEALTHY BOUNDARIES?

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2) HOW DO YOU BALANCE YOUR COMMITMENTS WITH PRIORITIZING TIME FOR SELF-CARE, INDULGING IN HOBBIES, AND NURTURING RELATIONSHIPS WITH LOVED ONES?

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3) HOW DO YOU PERSONALLY DEFINE SUCCESS, AND WHAT DOES IT LOOK LIKE IN YOUR LIFE?

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4) HOW DO YOU FEEL ABOUT YOUR CURRENT JOB AND/OR CAREER PATH?

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5) WHO CAN SUPPORT YOU AS YOU PURSUE OCCUPATIONAL WELLNESS? (REMEMBER, COACHING IS HERE FOR YOU TOO!)

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