

Work, College, and Career Stress Journal Prompts



What work or study task is still bothering me?



What did I actually accomplish today?



What am I calling "behind" that may simply need more time?



What task matters most tomorrow?



What can I deliberately leave unfinished tonight?



Where did I spend energy without getting much back?



What expectation am I putting on myself?



Am I solving a real problem or worrying about a hypothetical one?



What would "enough" look like tomorrow?



What do I want my work or college life to make room for?

