

Work

1



What part of my work feels meaningful right now?

2



What task has been taking more energy than expected?

3



What type of work makes me feel focused and engaged?

4



What expectations at work are creating unnecessary pressure?

5



What skill am I currently developing?

6



What accomplishment have I not given myself credit for?

7



What does a healthy workday look like for me?

8



What boundary would improve my relationship with work?

9



When do I feel most confident in my abilities?

10



What motivates me beyond external rewards?

11



What work habit is helping me grow?

12



What work habit is draining my attention?

13



What would I change about my current routine if I had more flexibility?

15



What is one small action that would make tomorrow easier?

