



# PAUSE

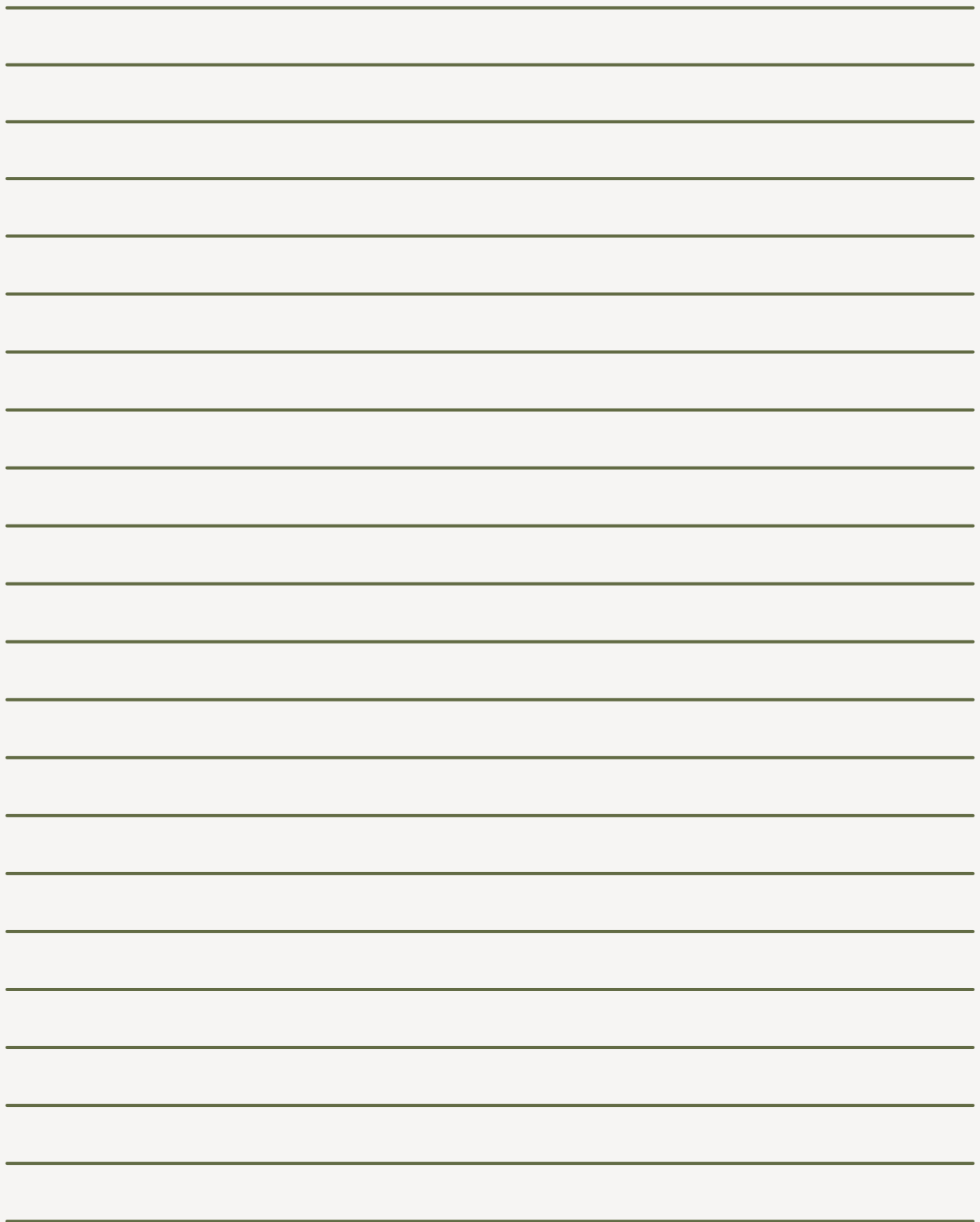
## JOURNAL

DR. EBONY STONE

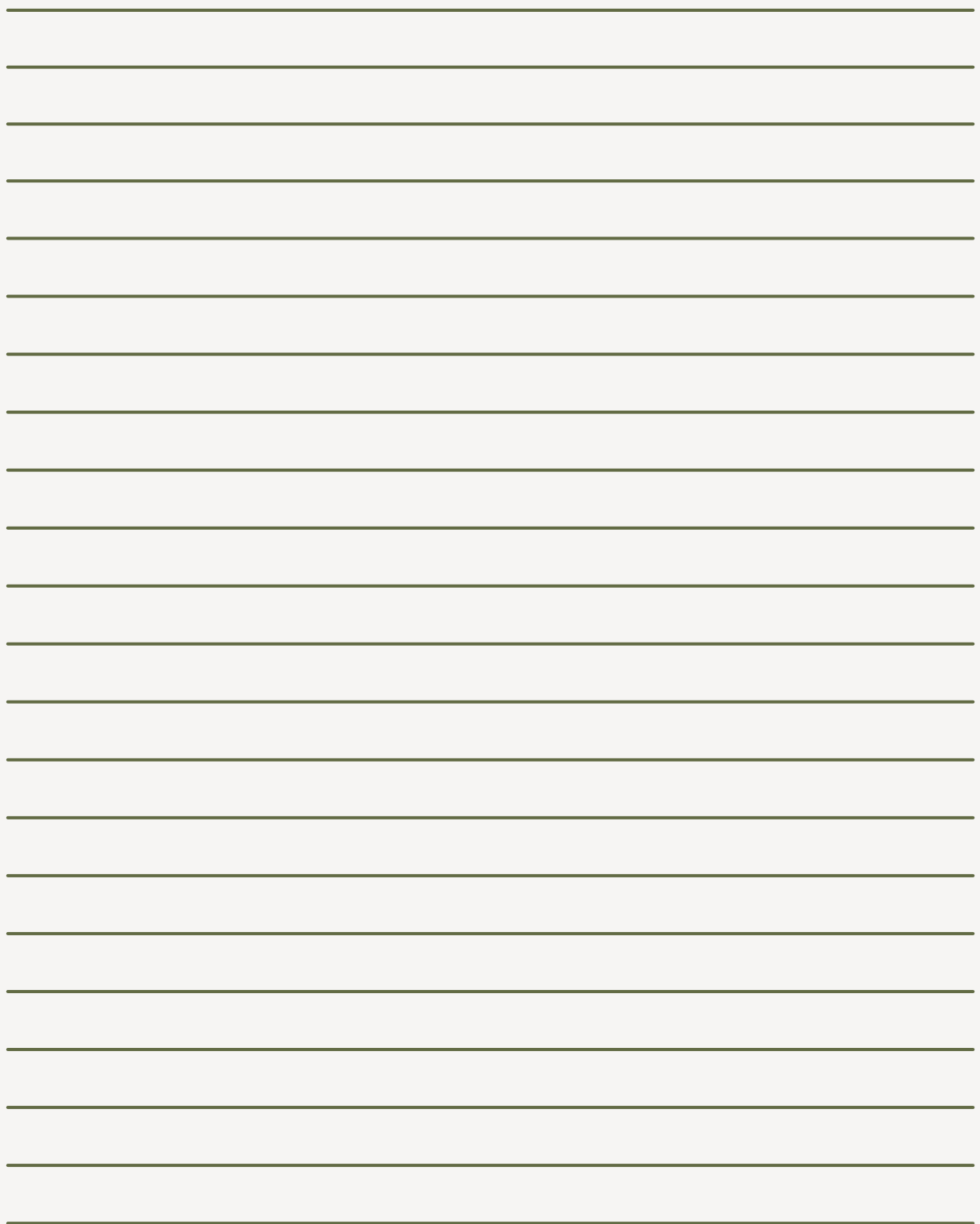


Reflect on a time when you felt incredibly empowered at work.  
What sparked that feeling?

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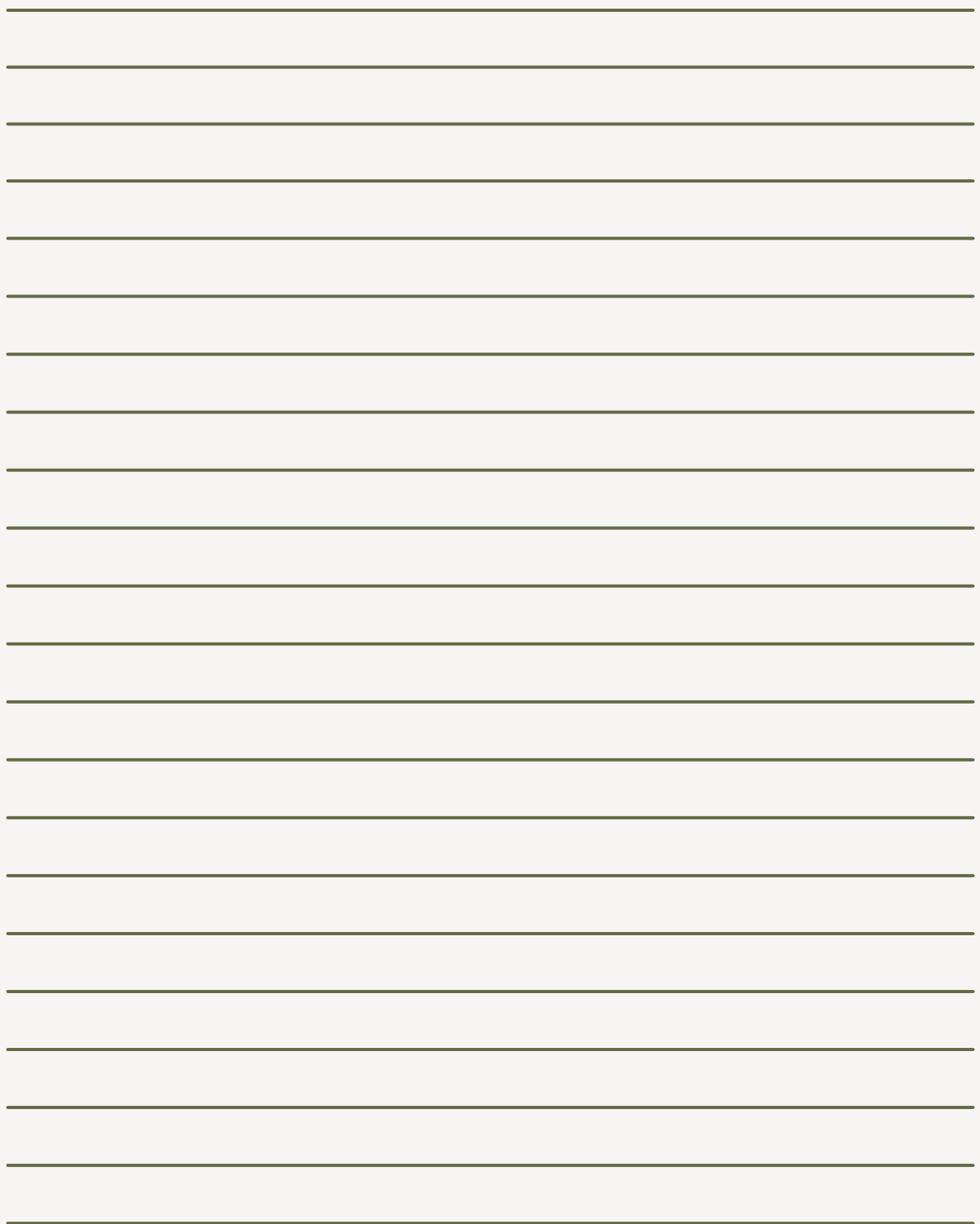


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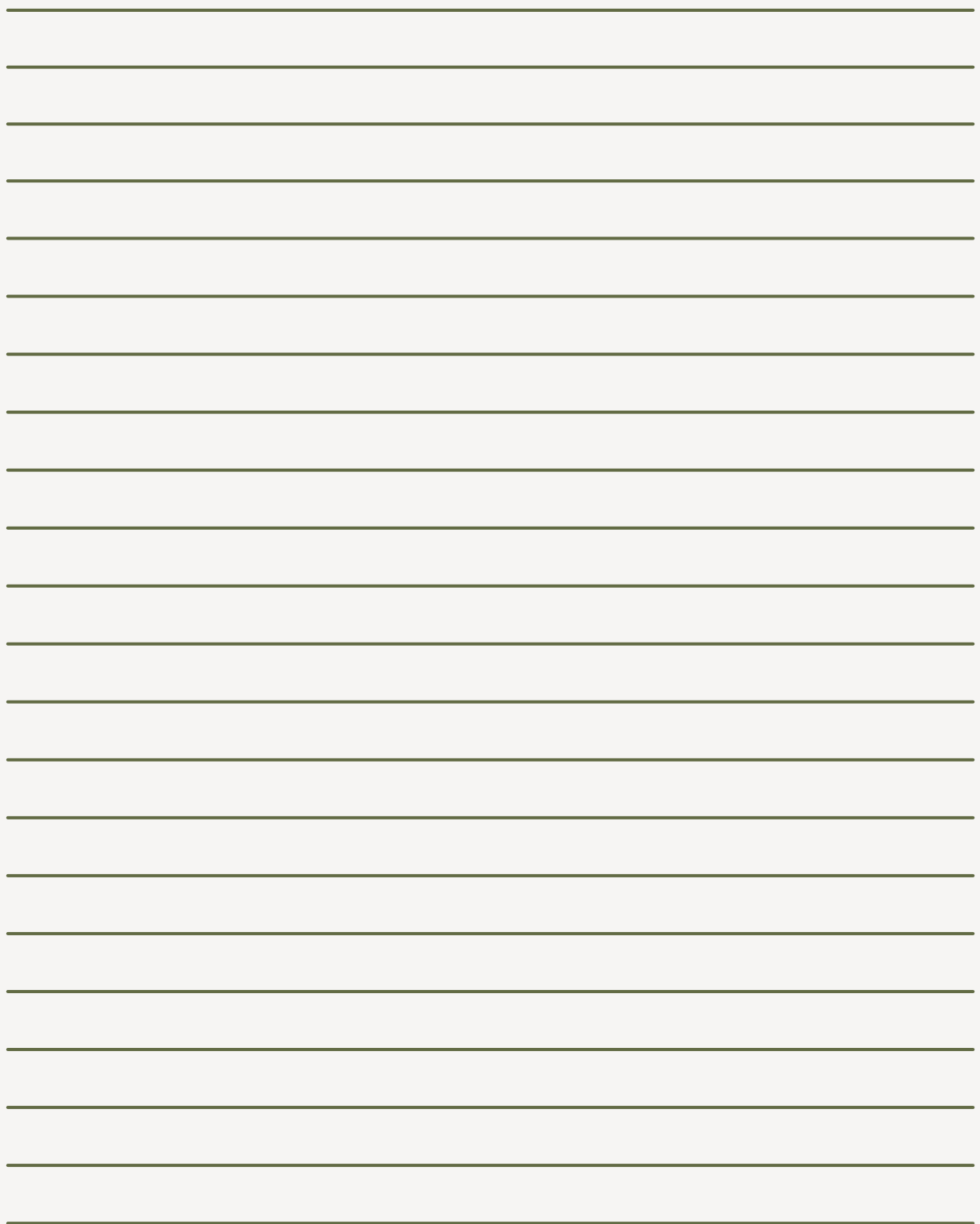
Describe an instance when you used your voice to make a positive change in your workplace. What motivated you to speak up?

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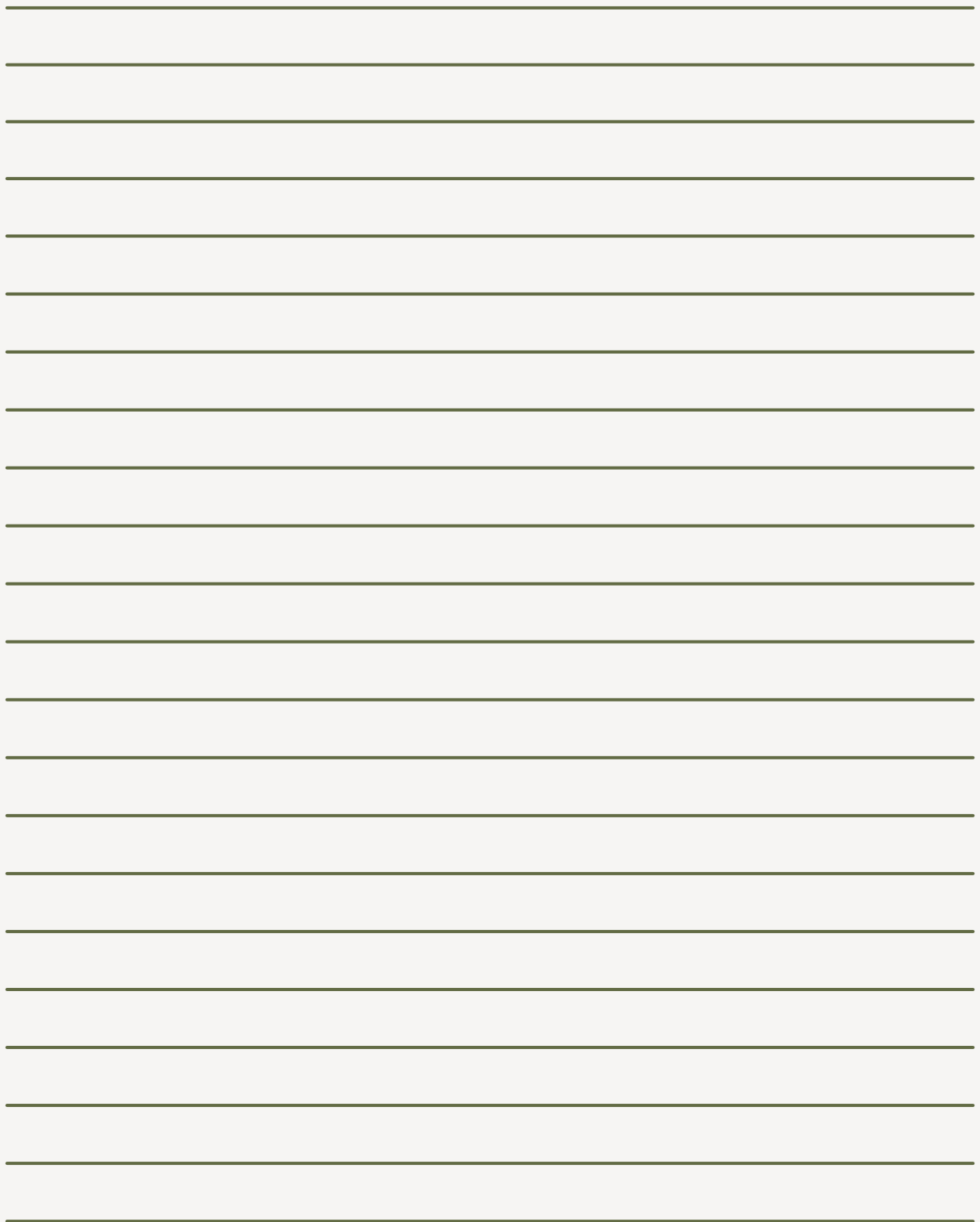




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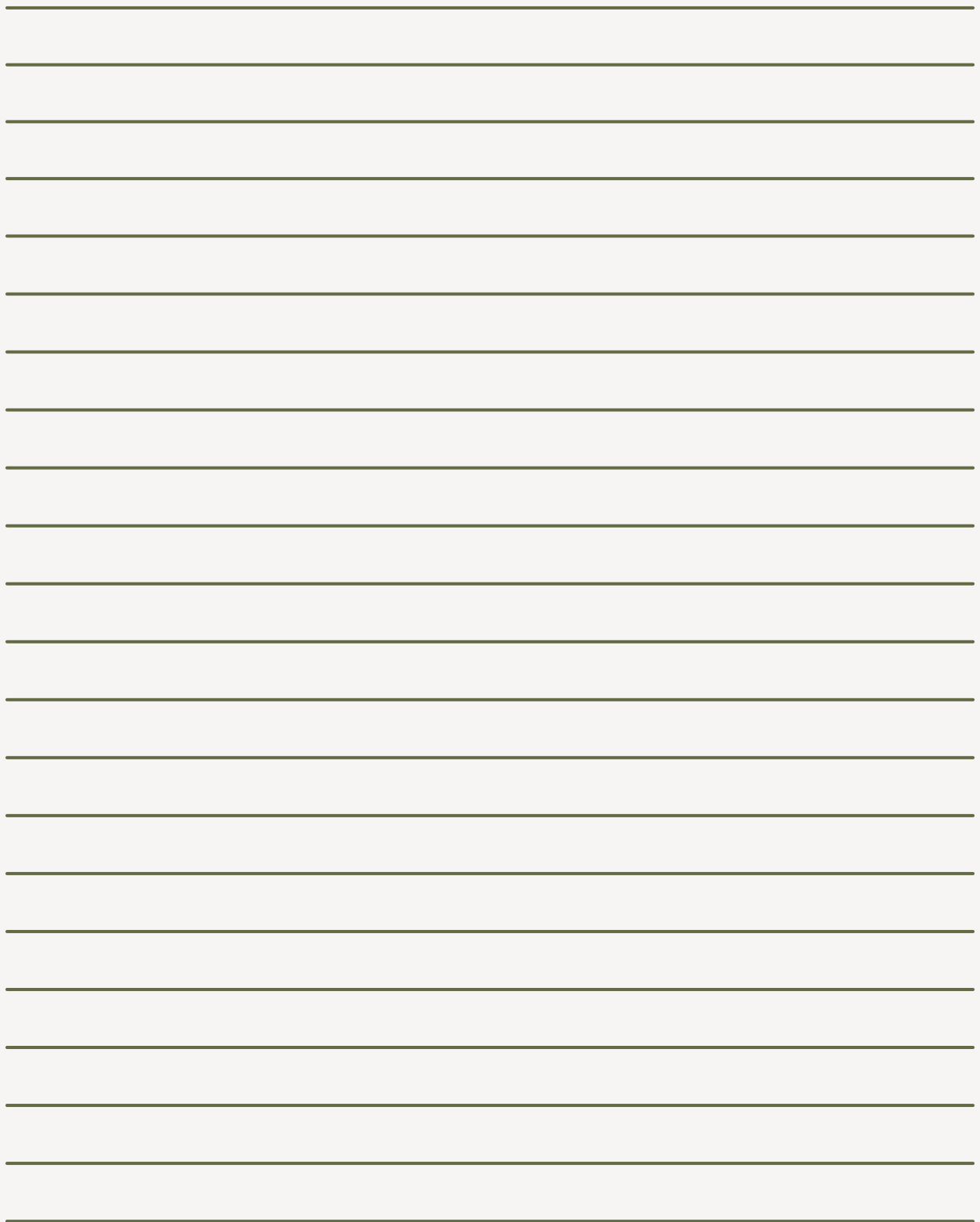


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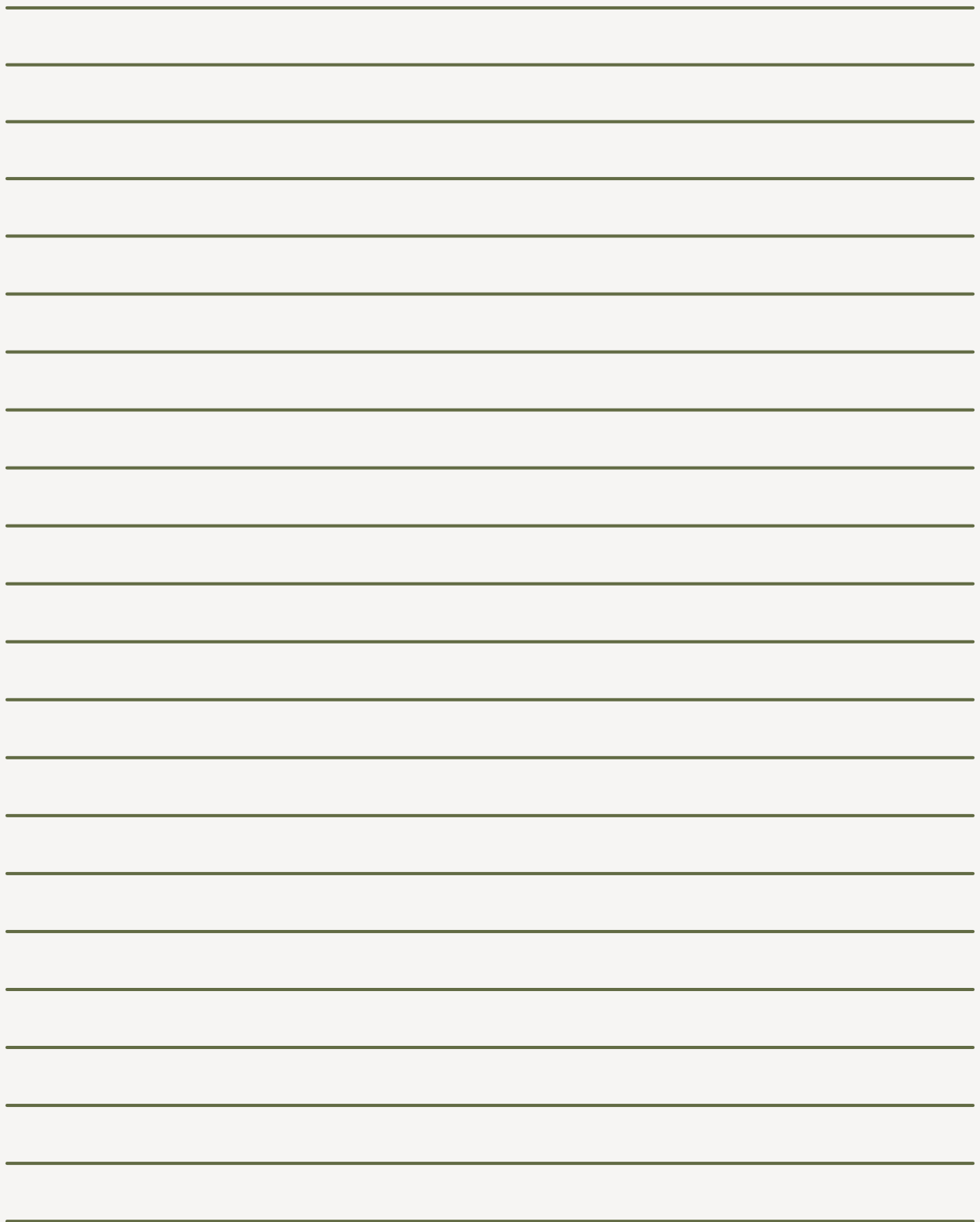


Consider a time when you felt out of place or underestimated at work. How did you navigate that situation and prove your worth?

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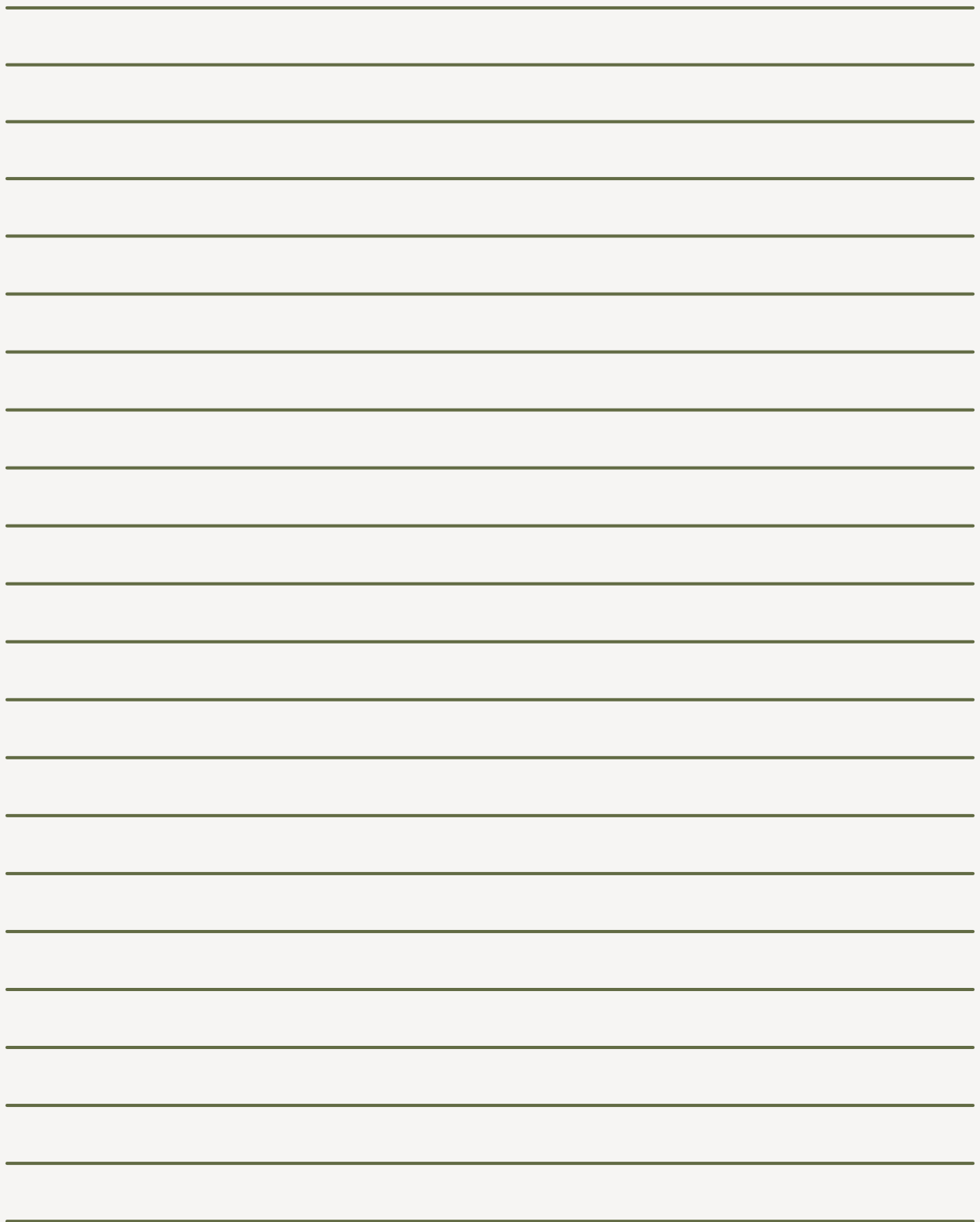


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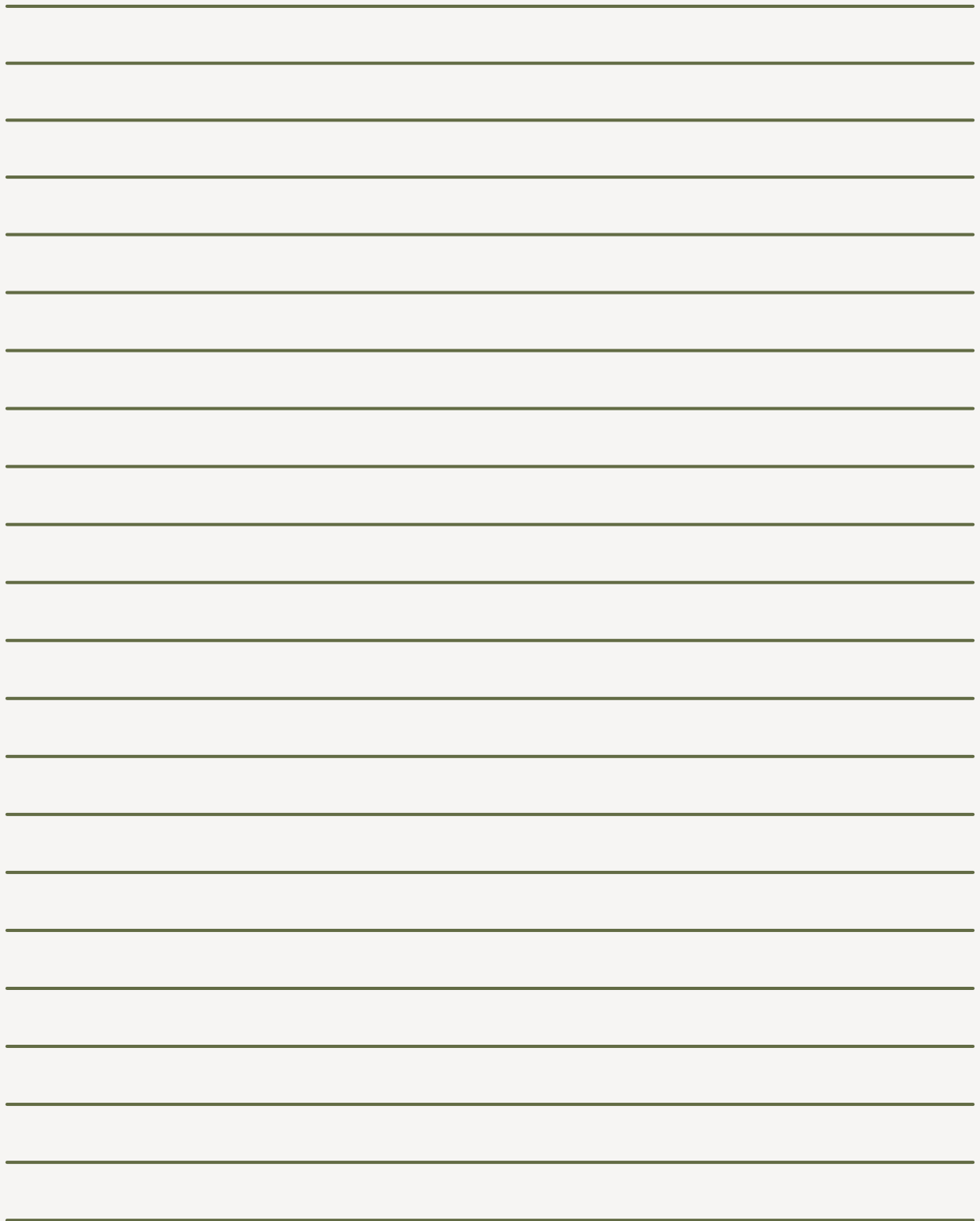




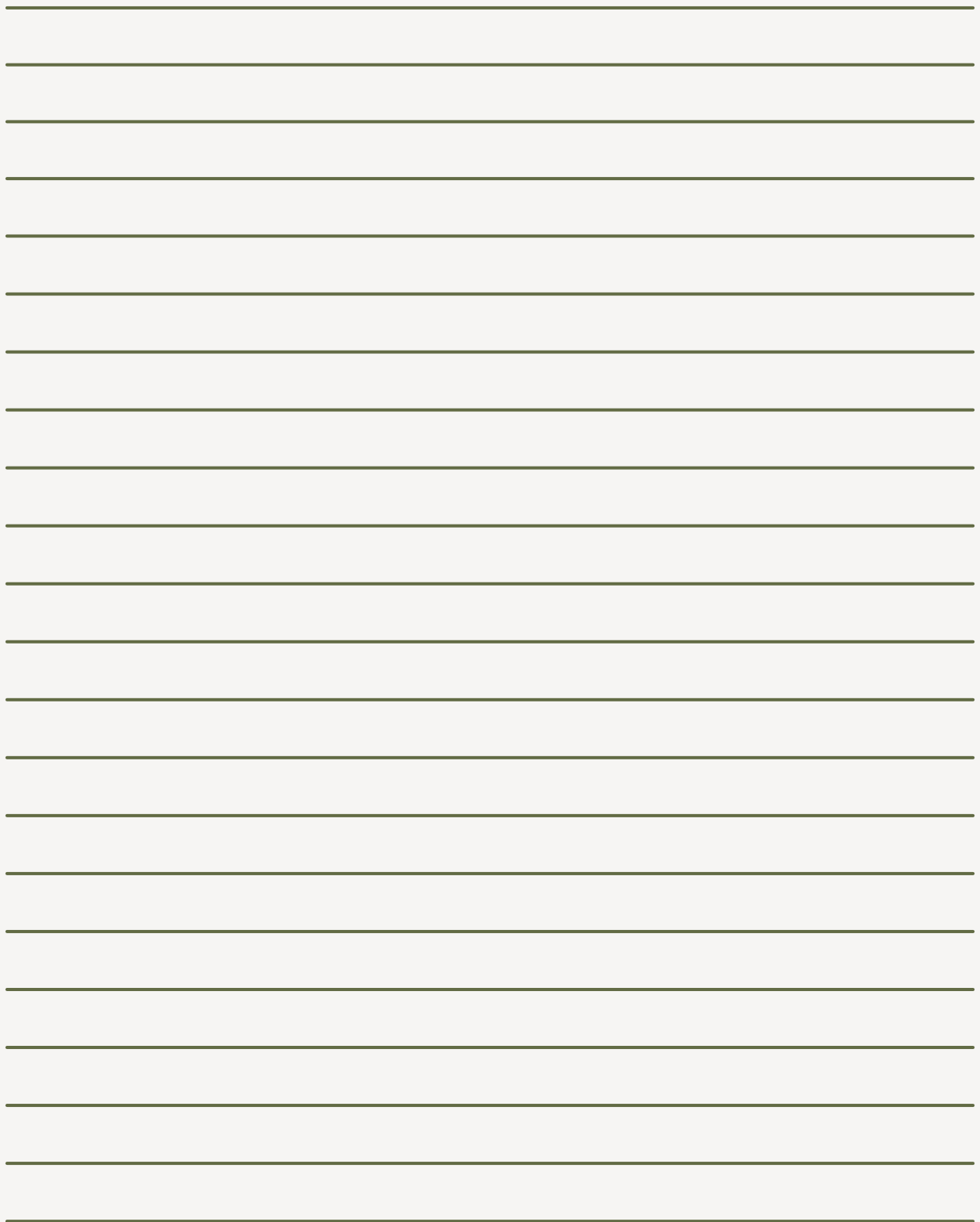
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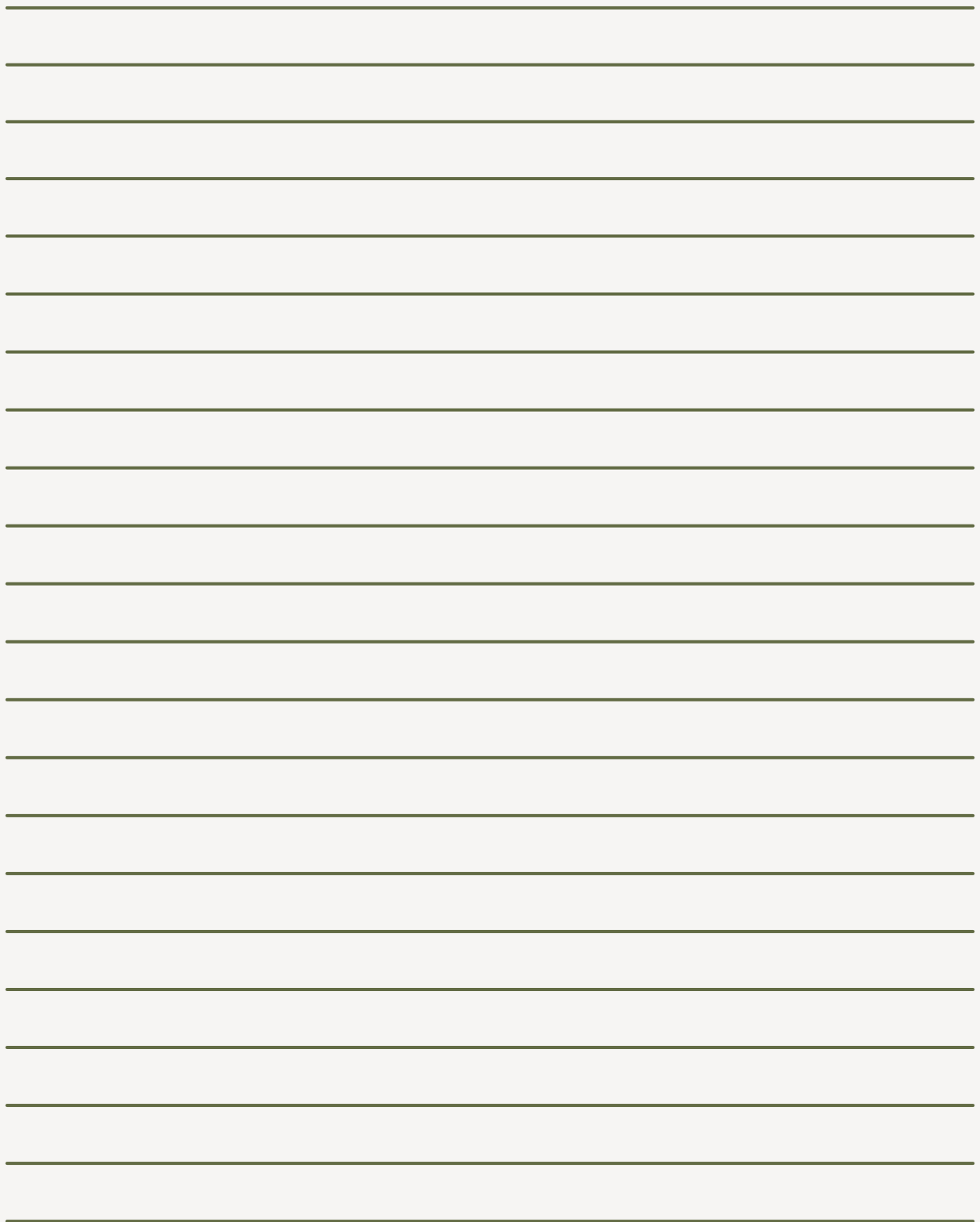
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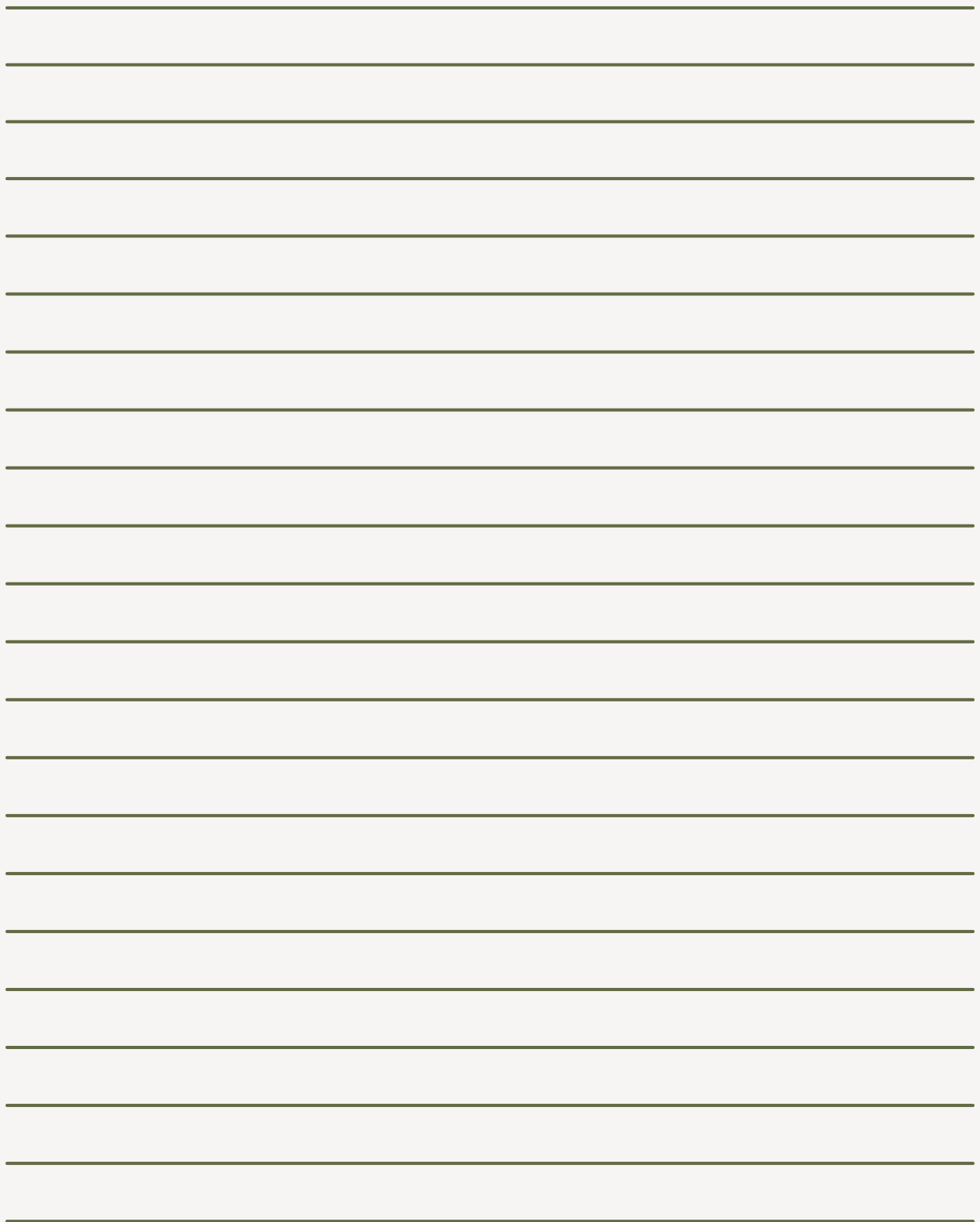
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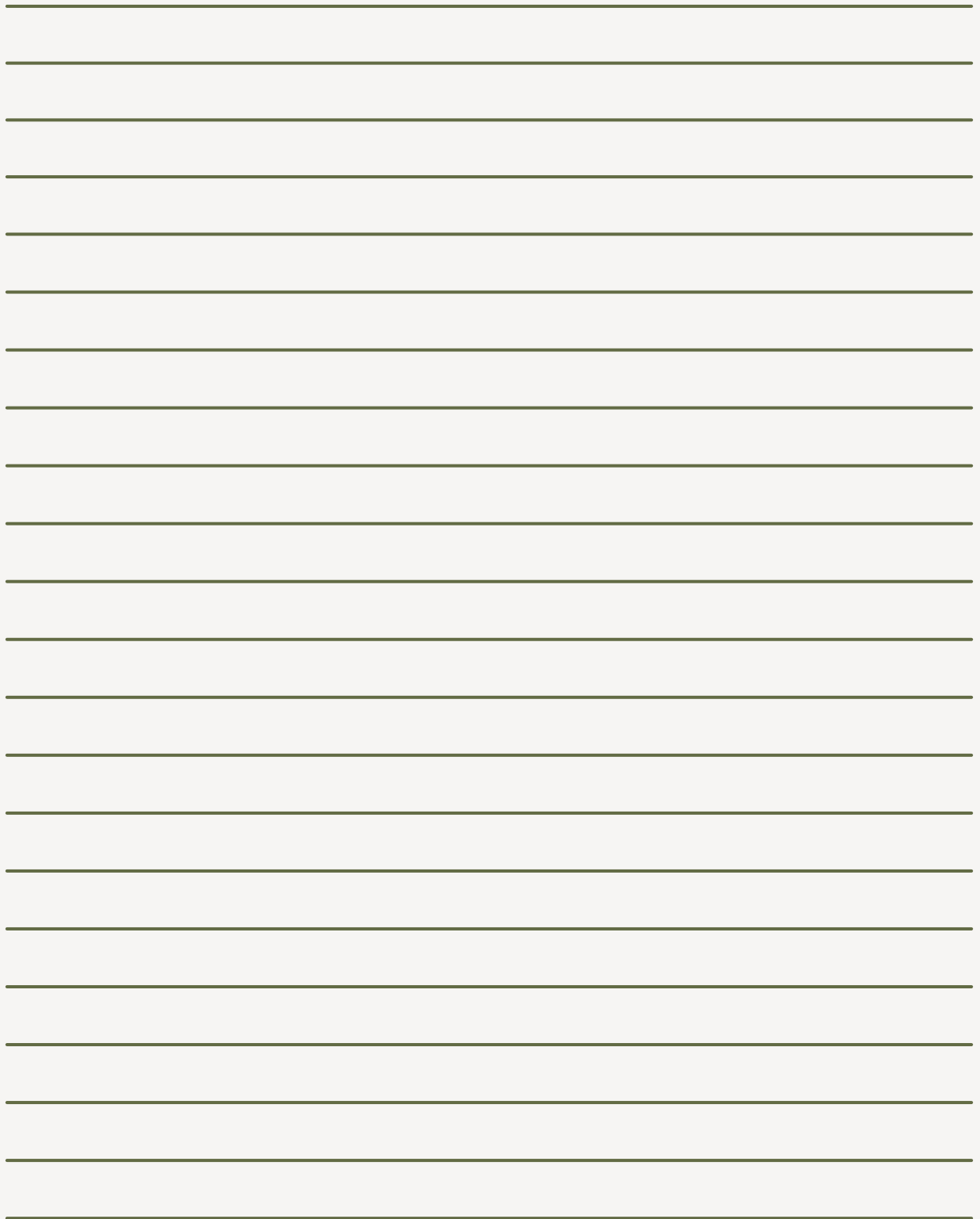
Reflect on a piece of advice that has significantly influenced your career. How do you apply this wisdom to your work?

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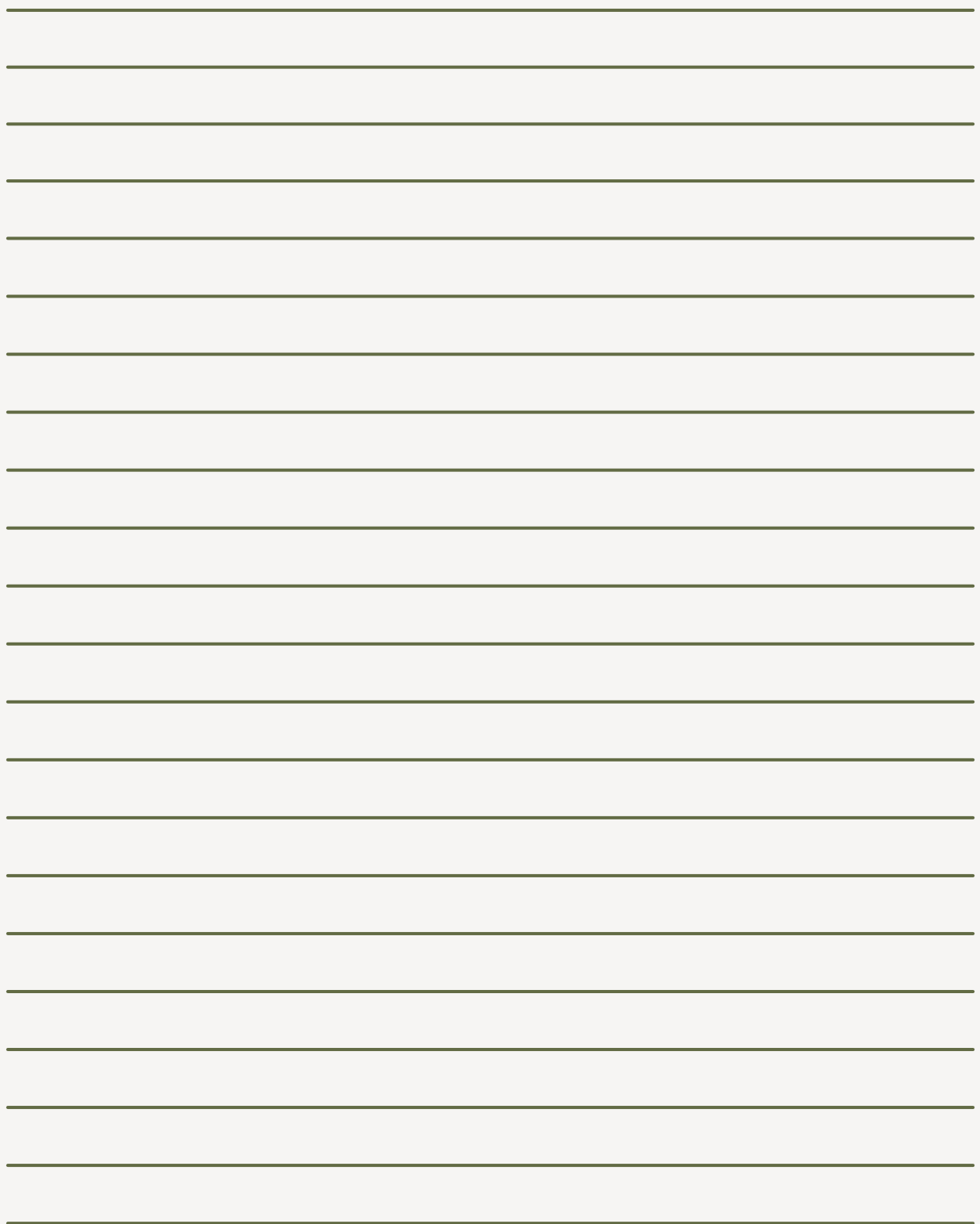
Write about a time when you had to navigate office politics. How did you maintain your integrity and professionalism?

[illegible]

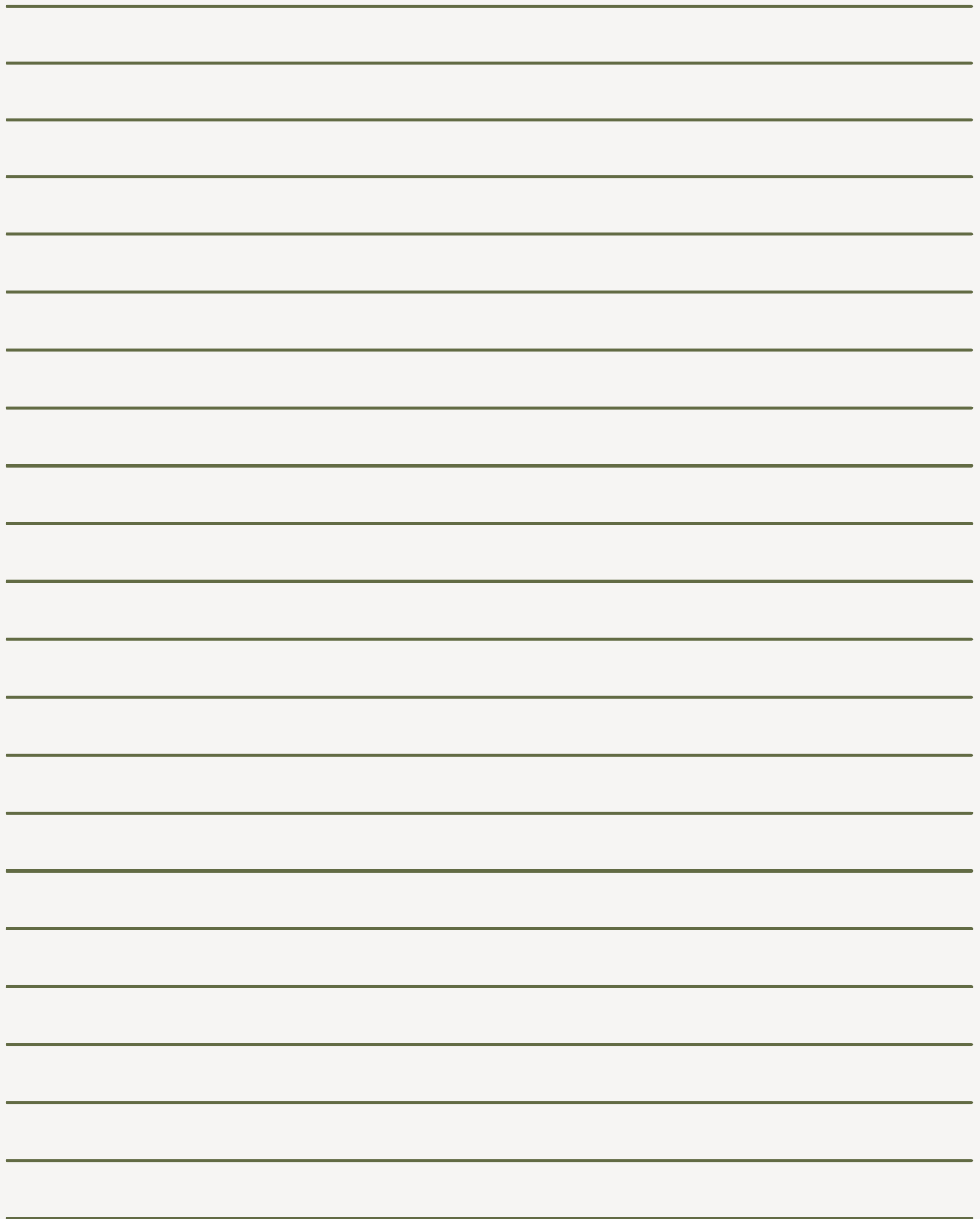


Consider a moment when you felt truly seen and appreciated at work. What led to that recognition?

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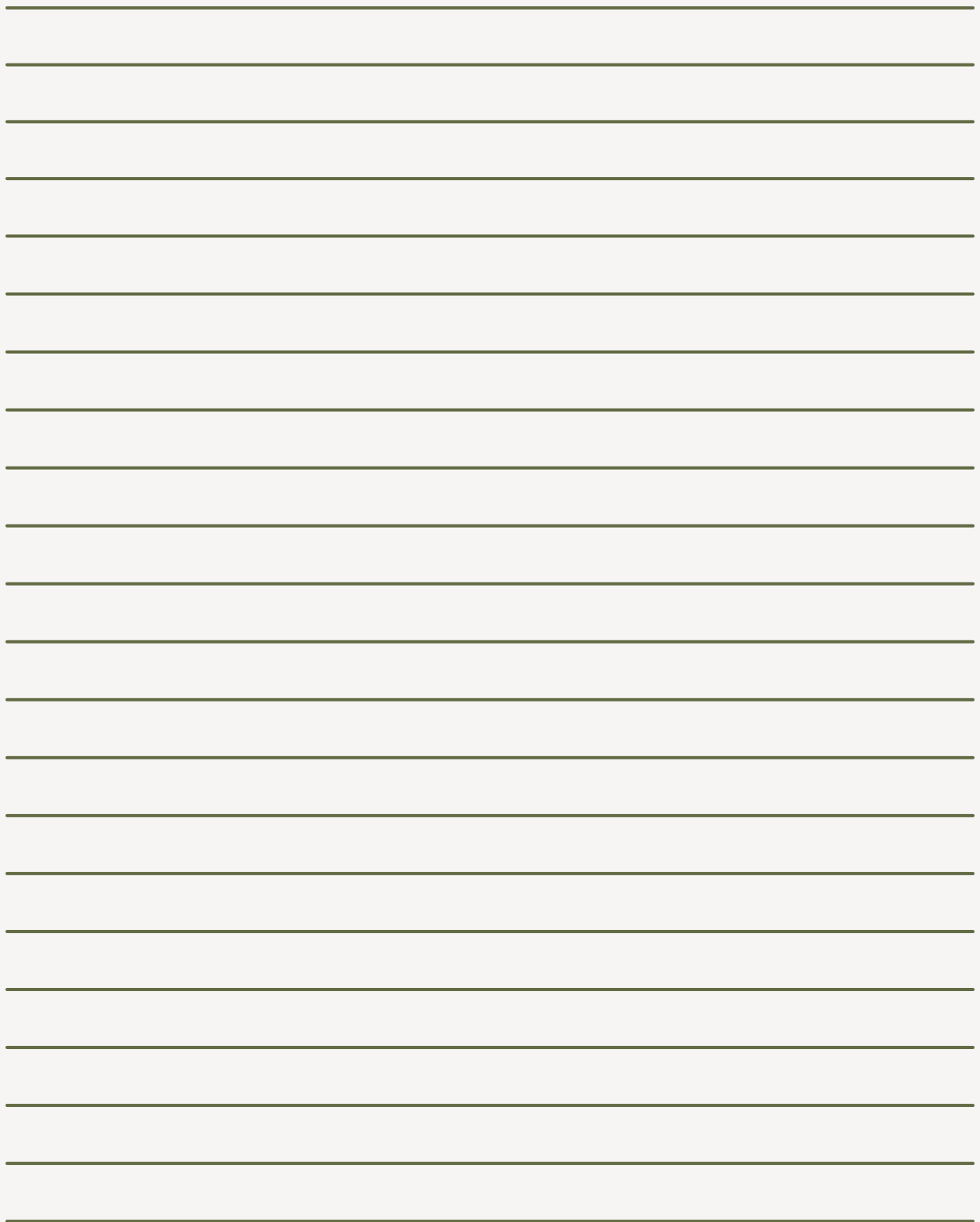
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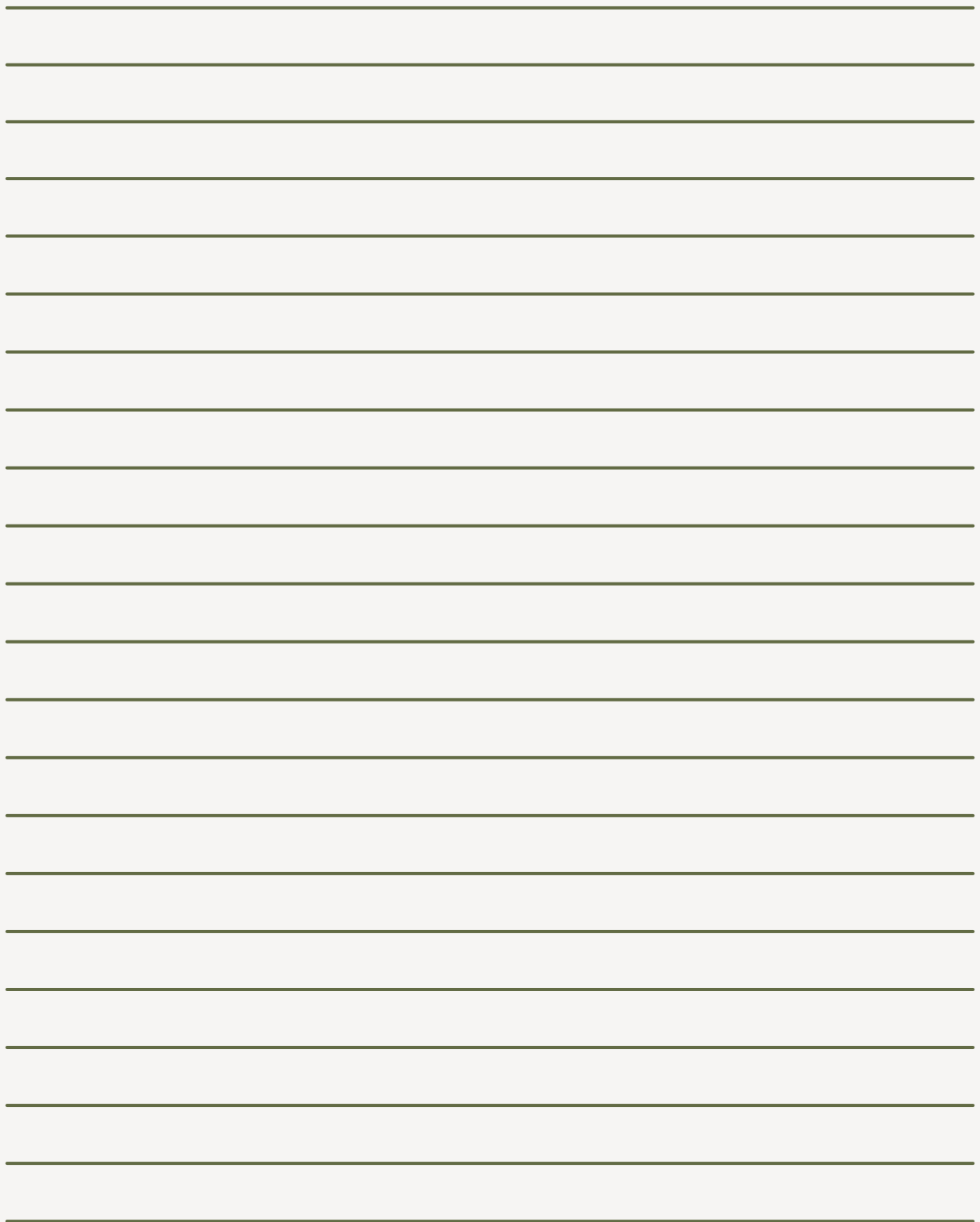


Reflect on the unique perspectives you bring to your workplace.  
How do you believe they contribute to your team's success?

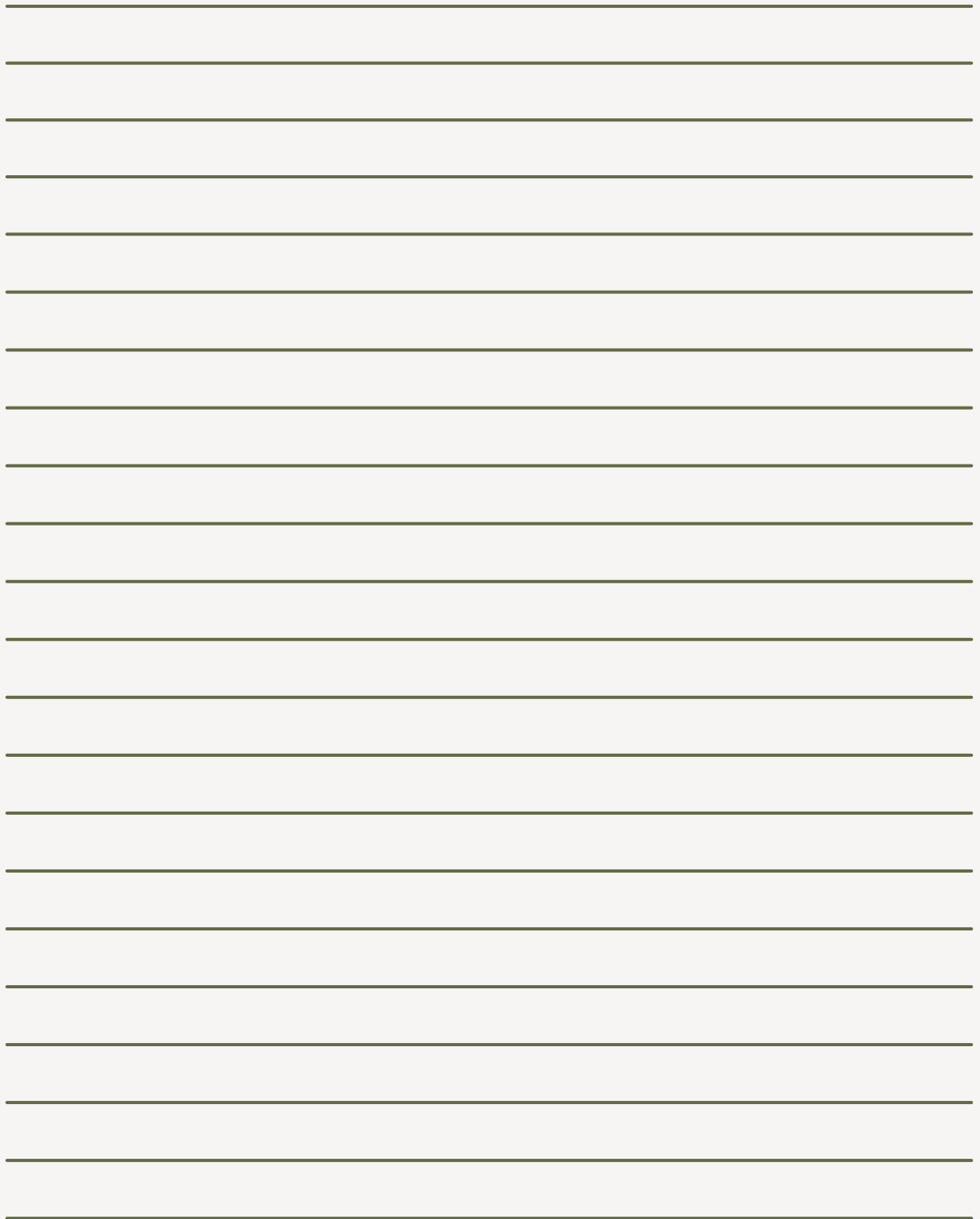
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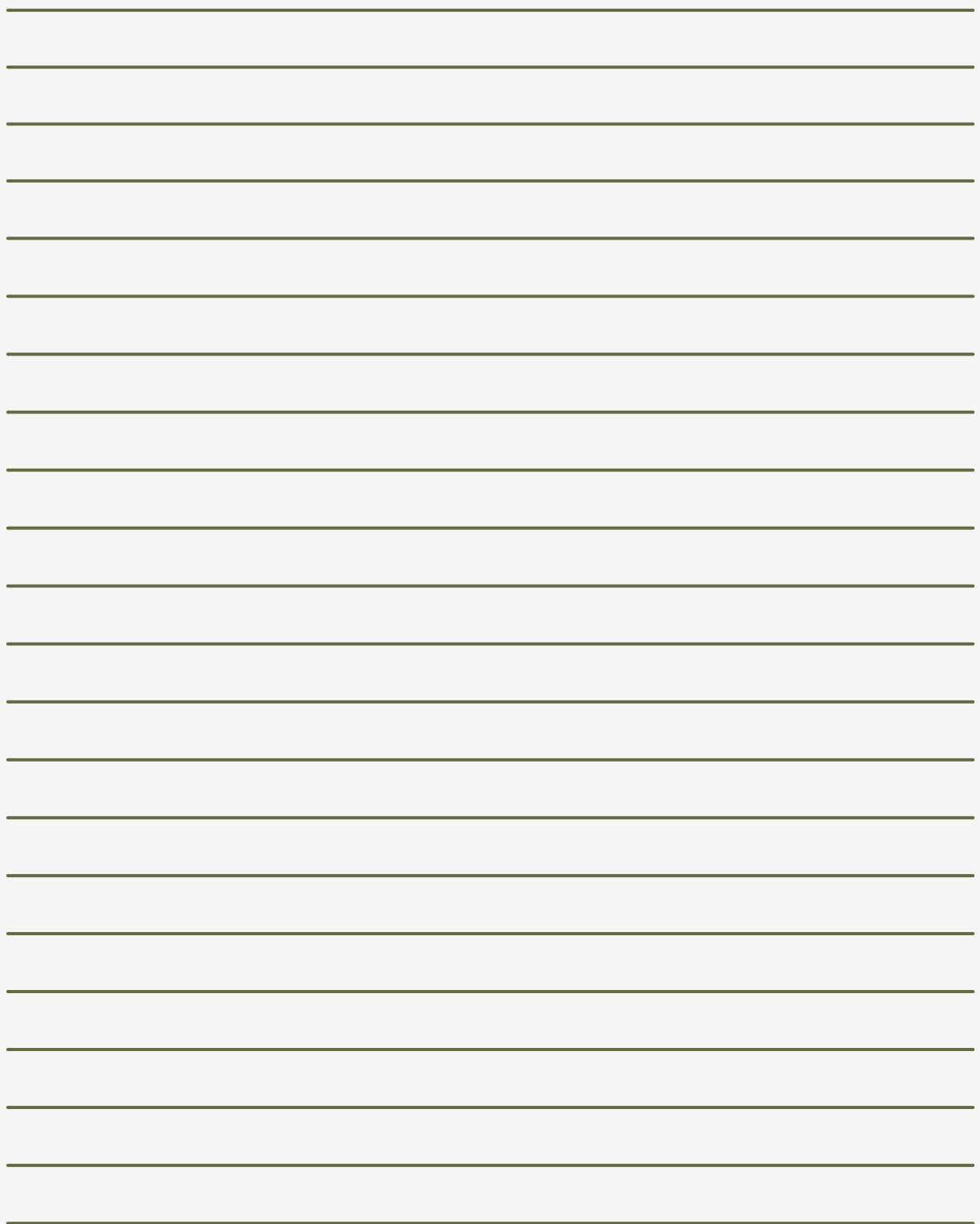


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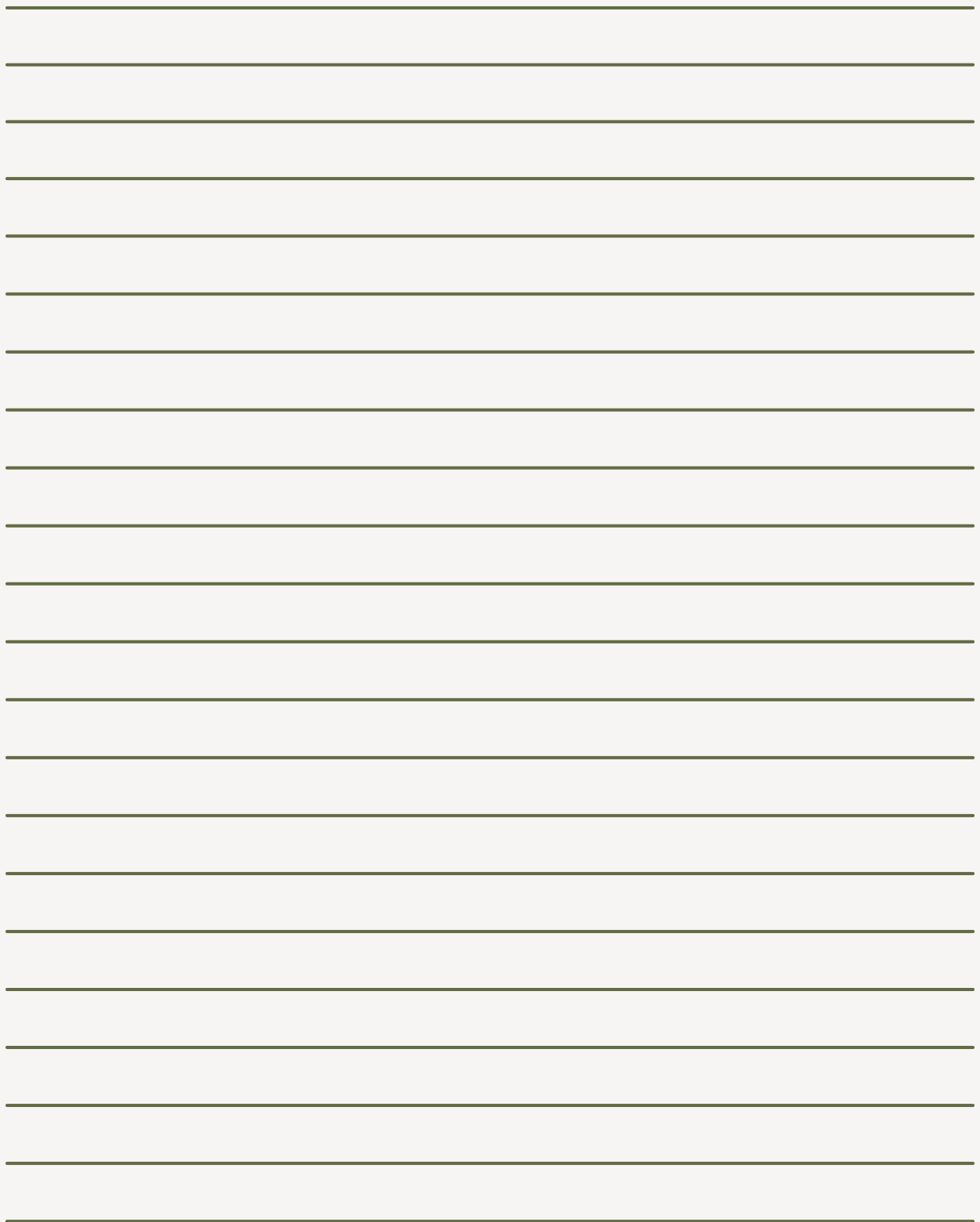
Describe a moment when you felt connected to your cultural heritage at work. How did it impact your professional identity?

[illegible]





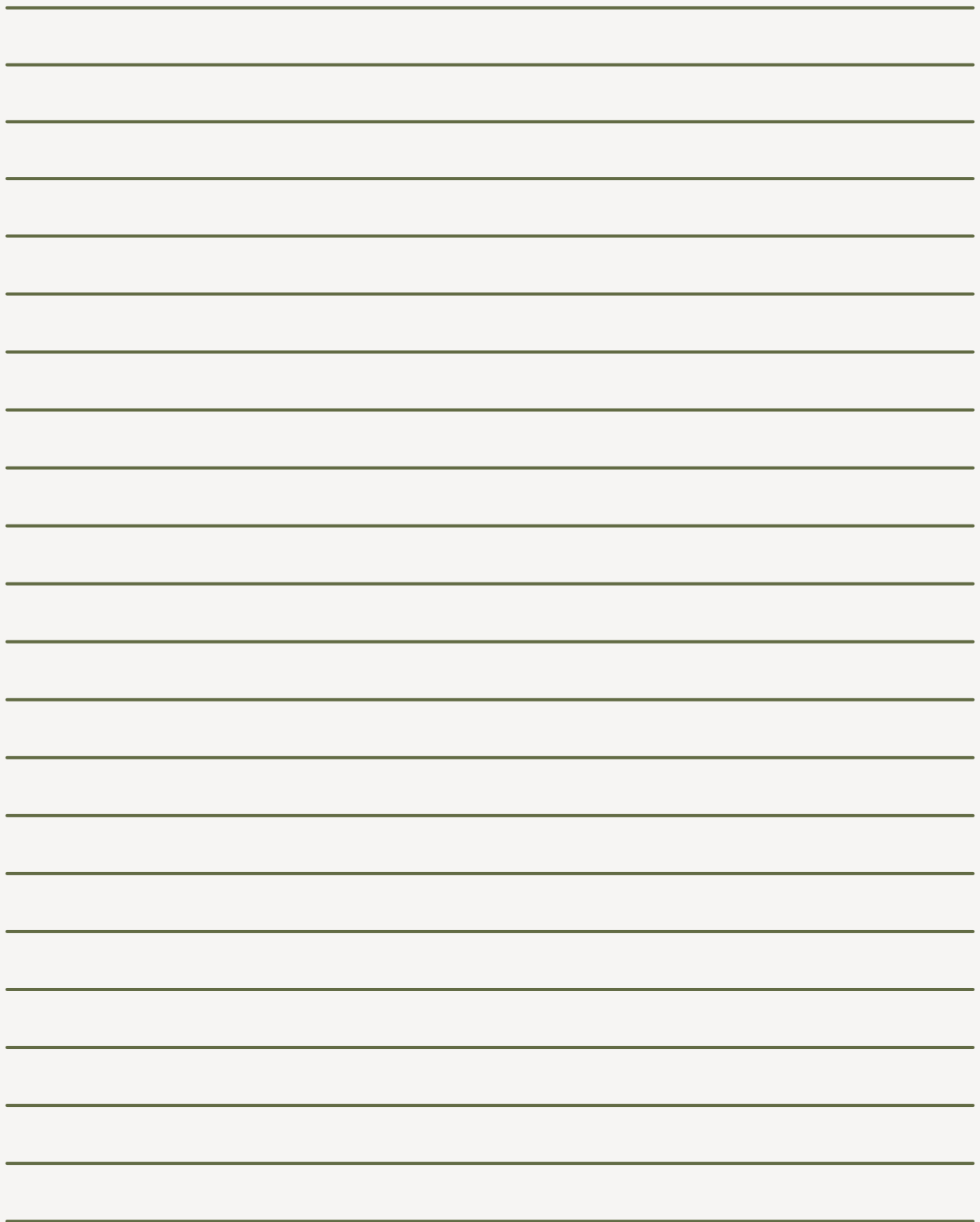
[illegible]



Write about an instance when you mentored someone else.

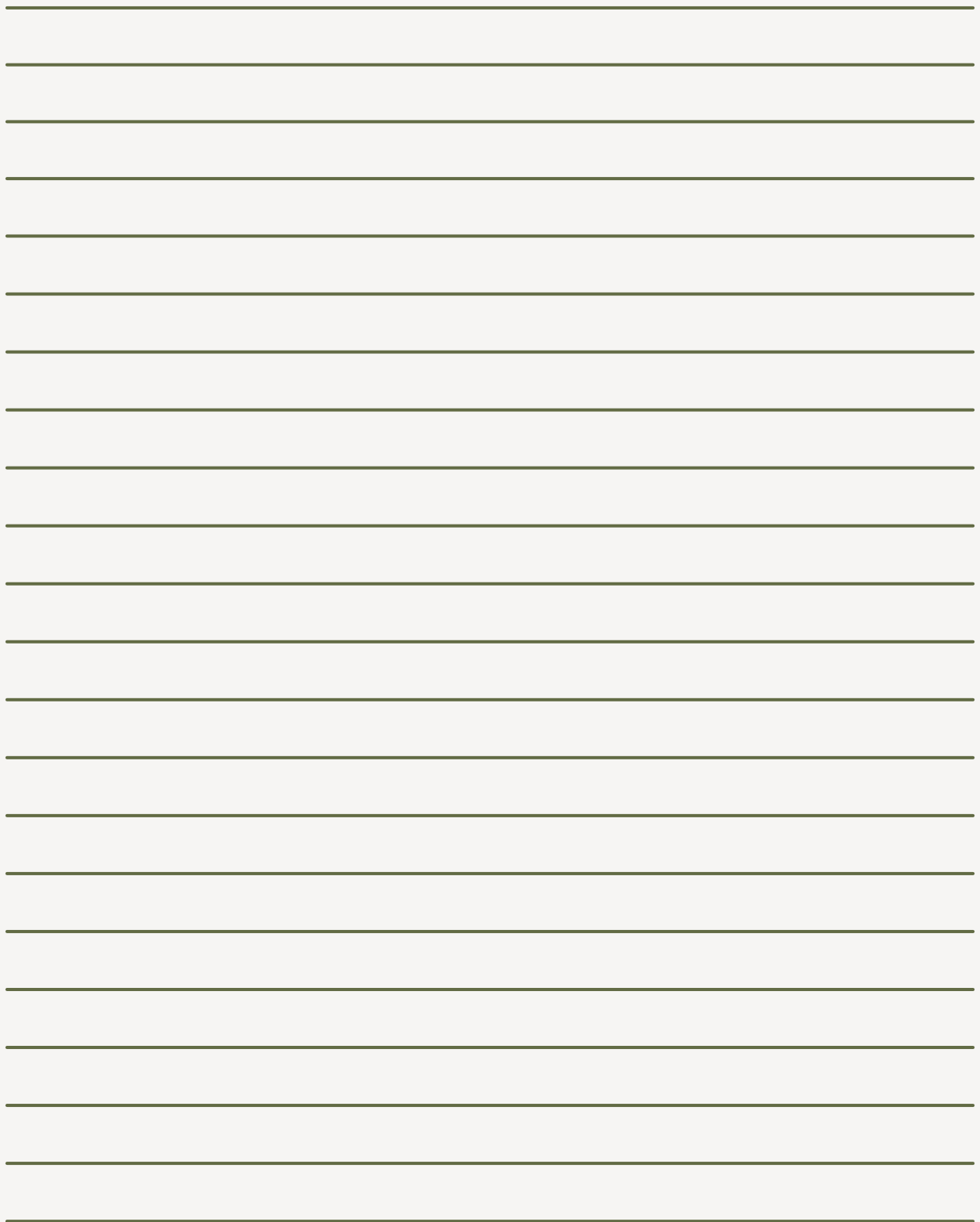
What was the most rewarding part of that experience?

[illegible]



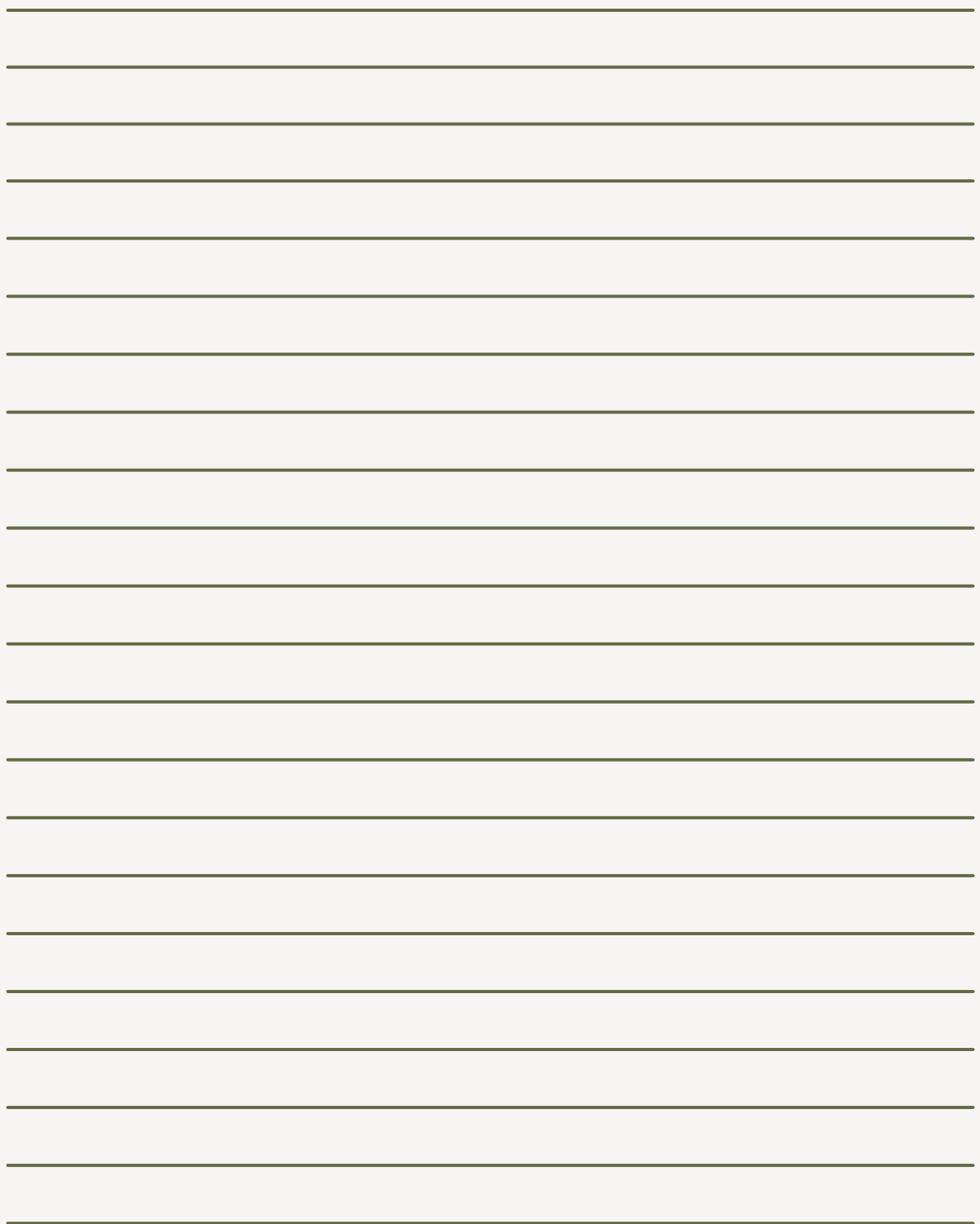
Consider a time when you contributed to a team's success. What role did you play, and how did it feel to celebrate that success together?

[illegible]



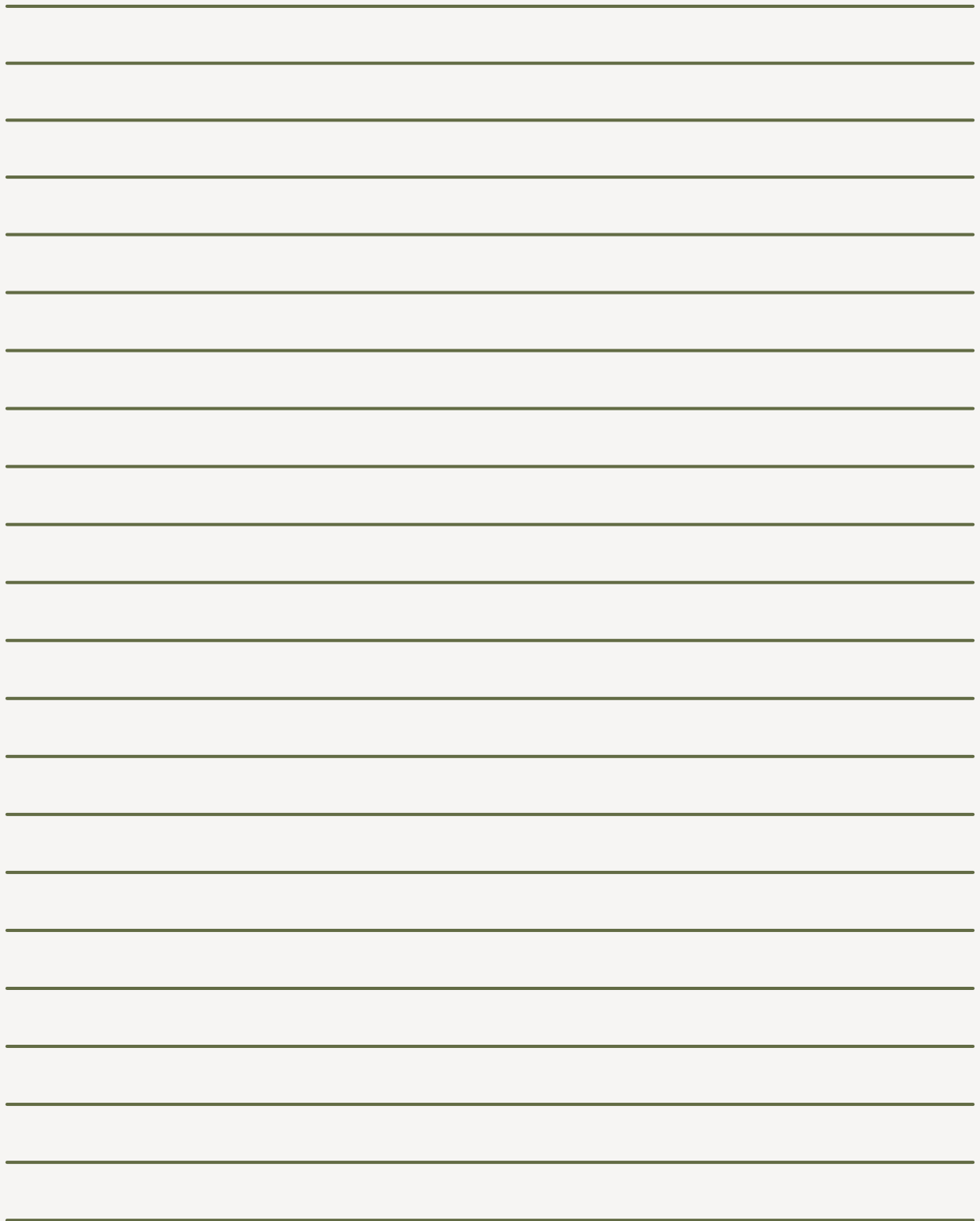
Recall a moment when you felt challenged by a colleague's perspective. How did you handle the situation and what did you learn?

[illegible]

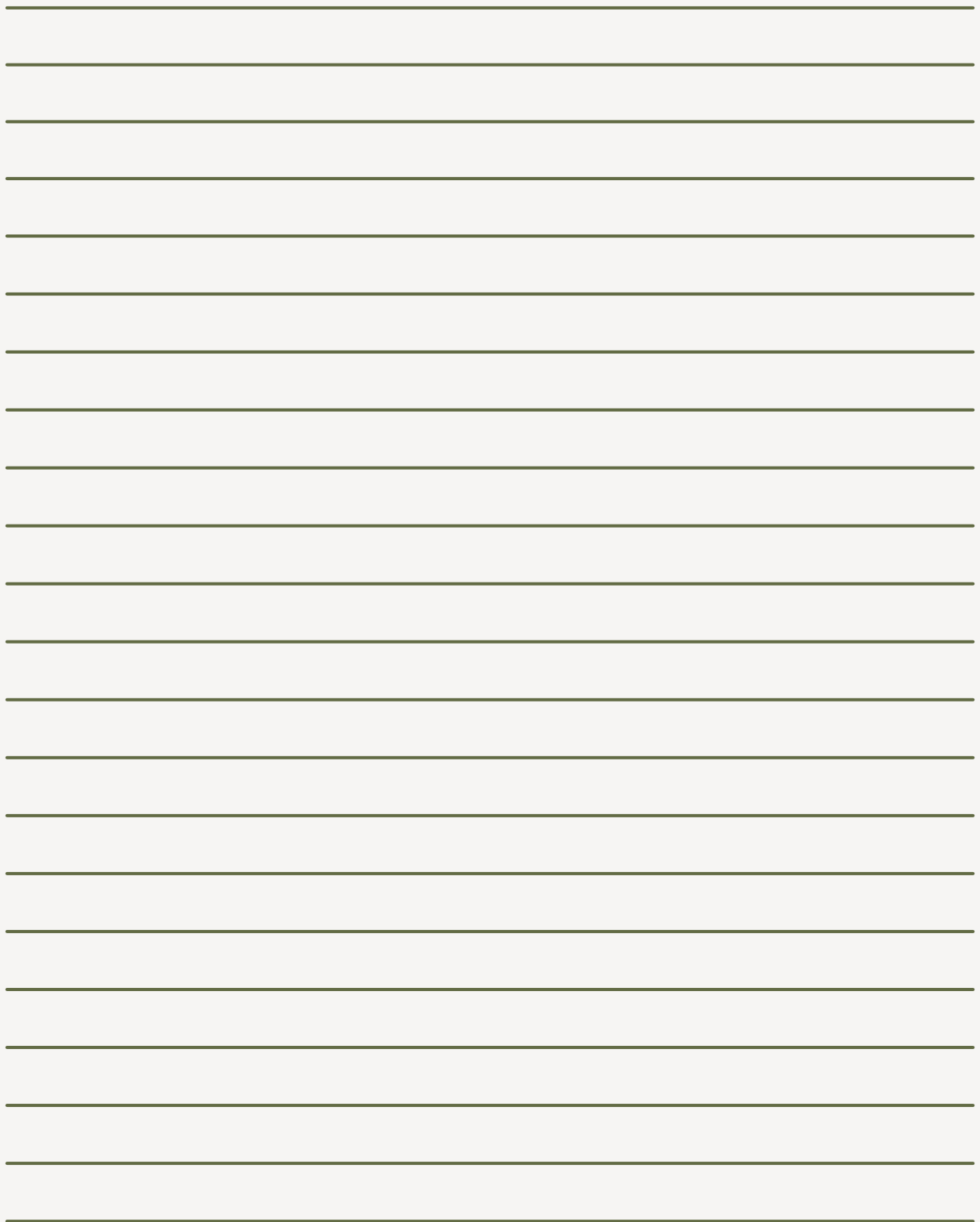




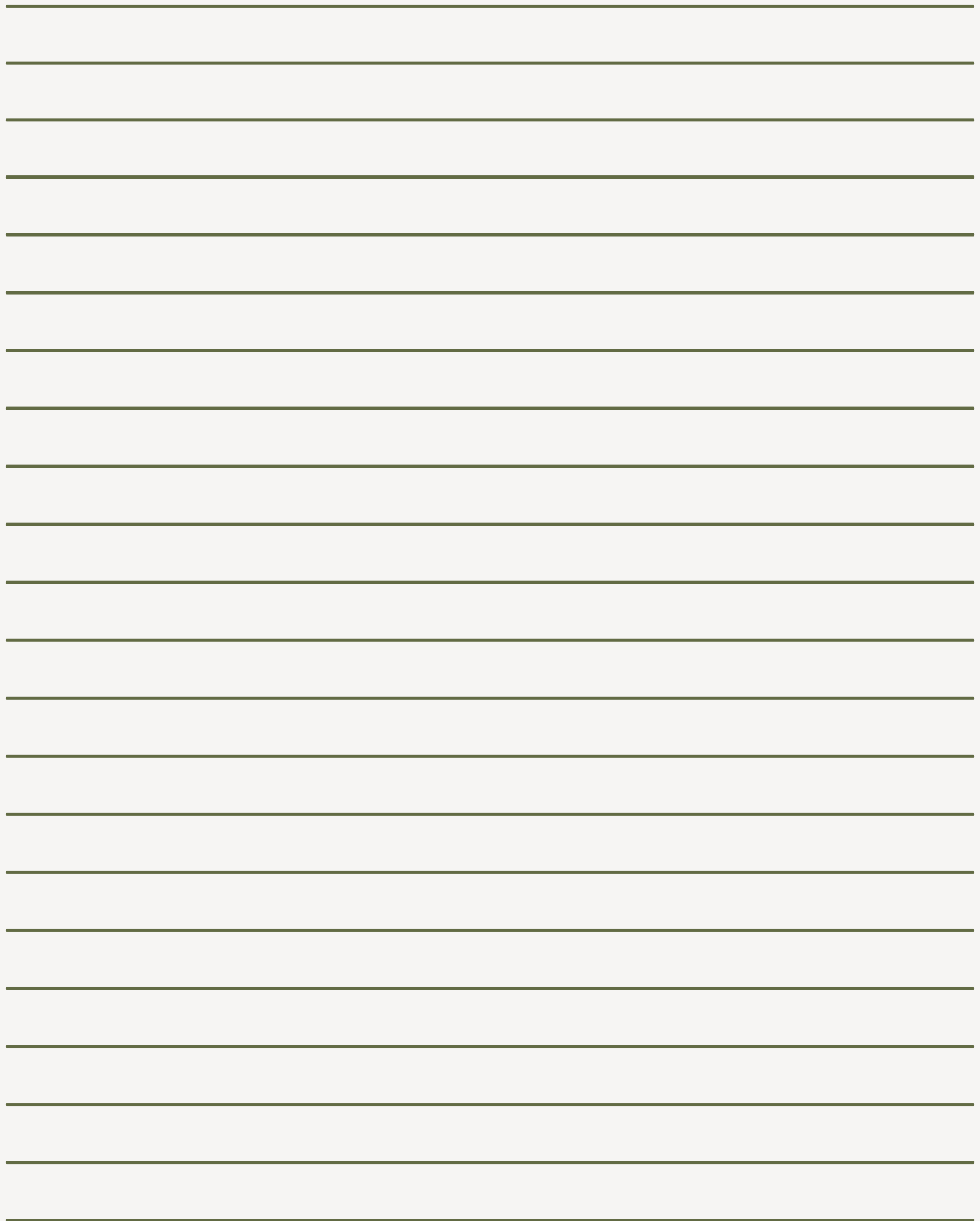
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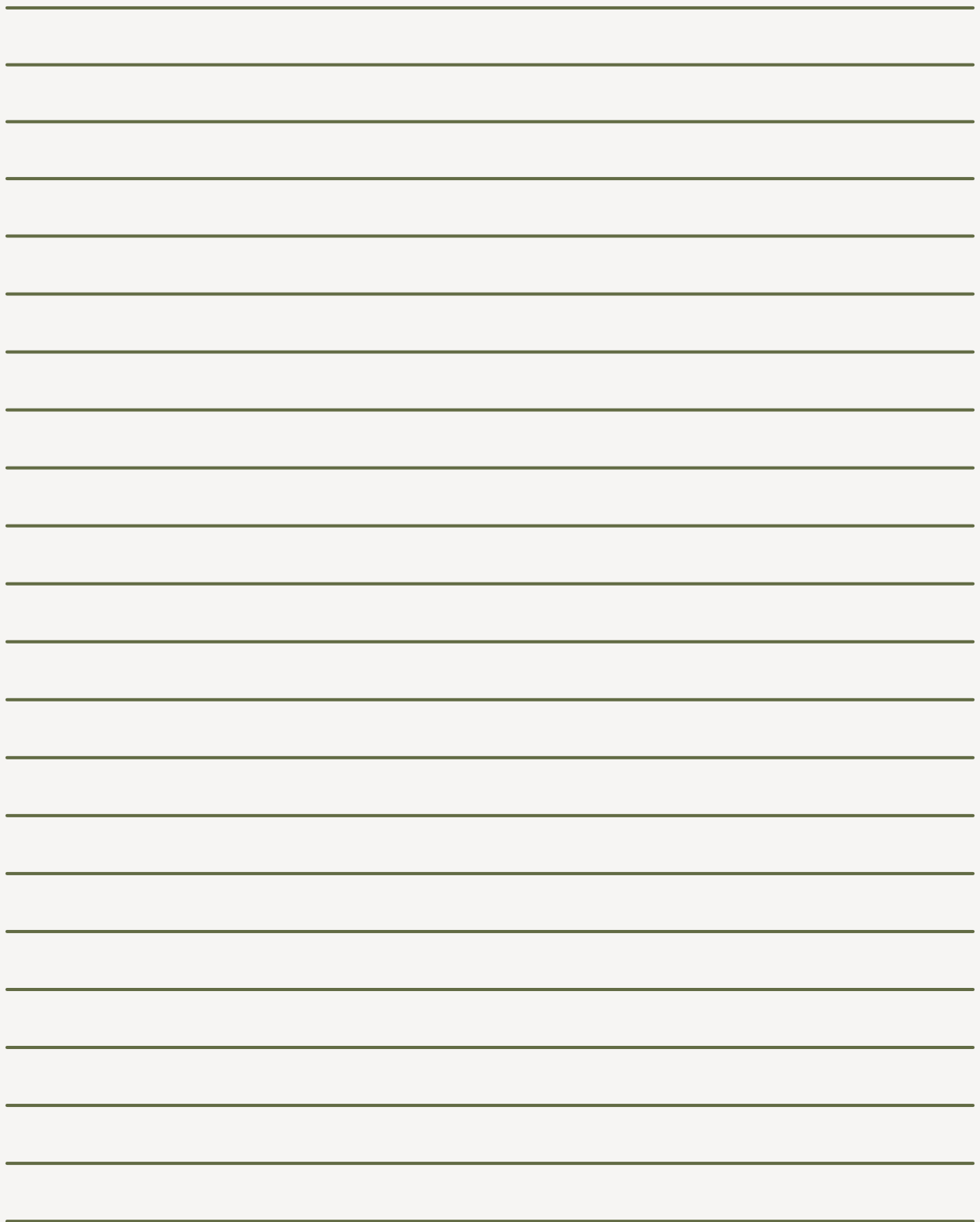


[illegible]



Describe a project or initiative that you're passionate about. Why does it matter to you, and how are you working to bring it to fruition?

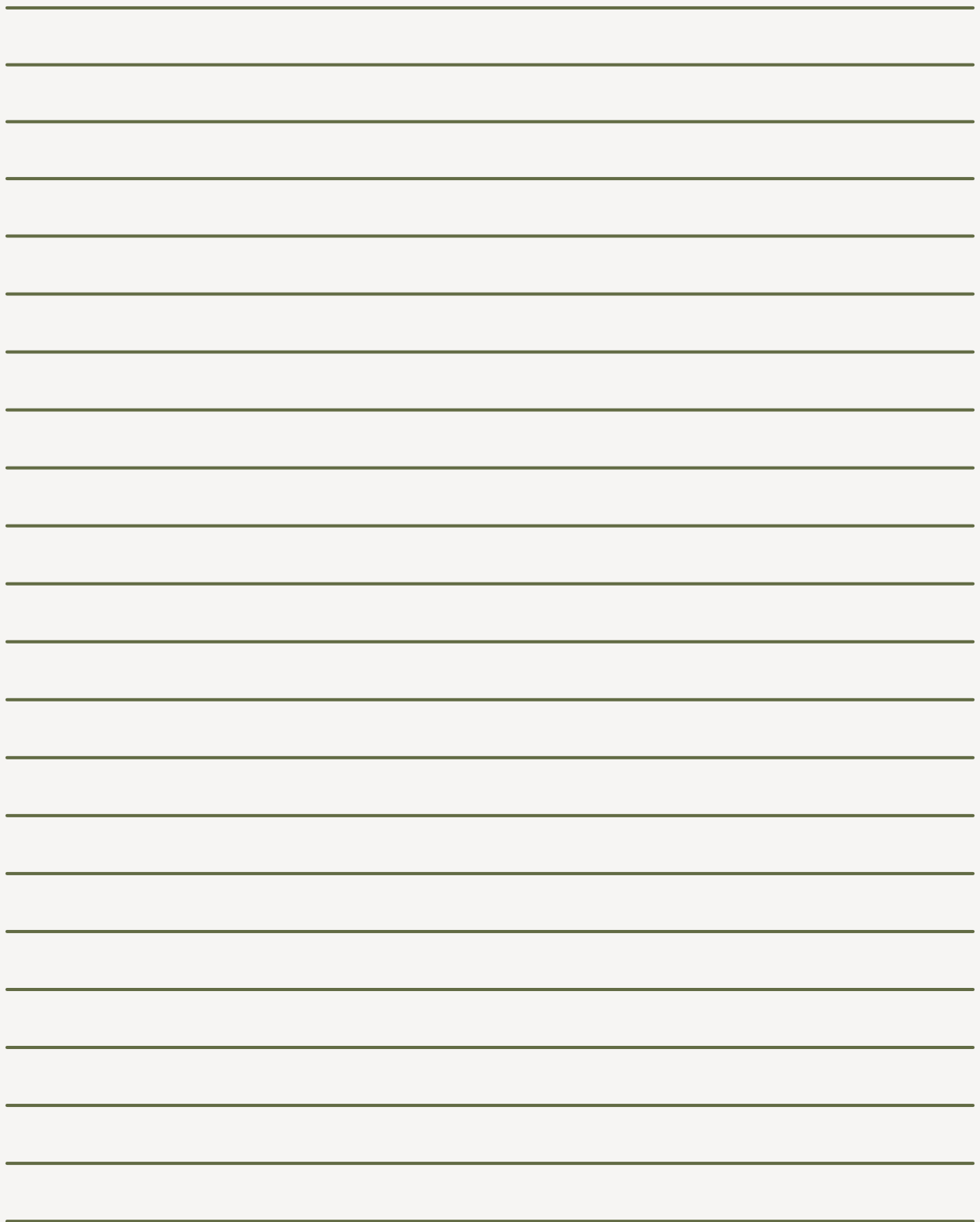
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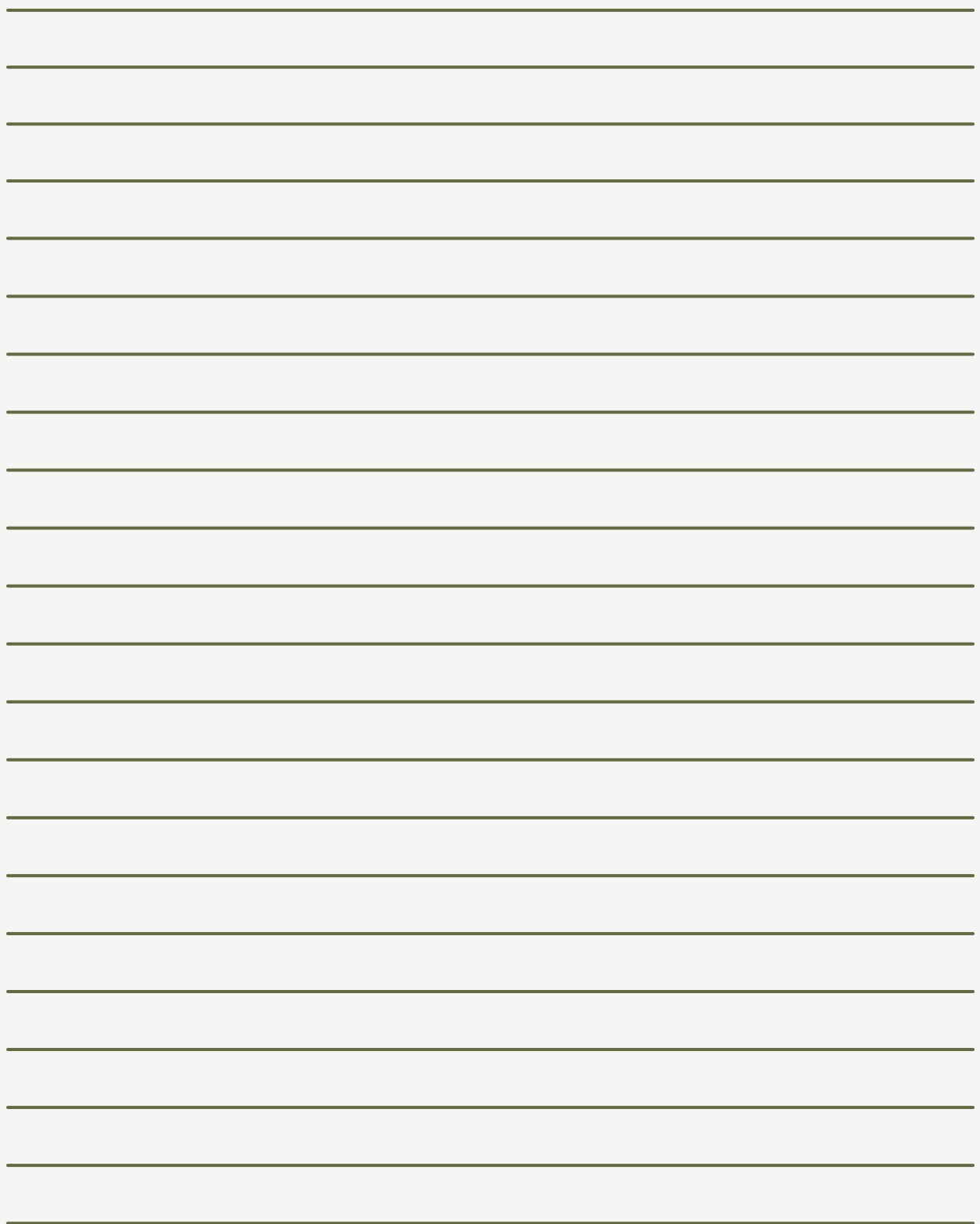
Reflect on the impact of community and networking within your professional journey. How have connections with others propelled you forward?

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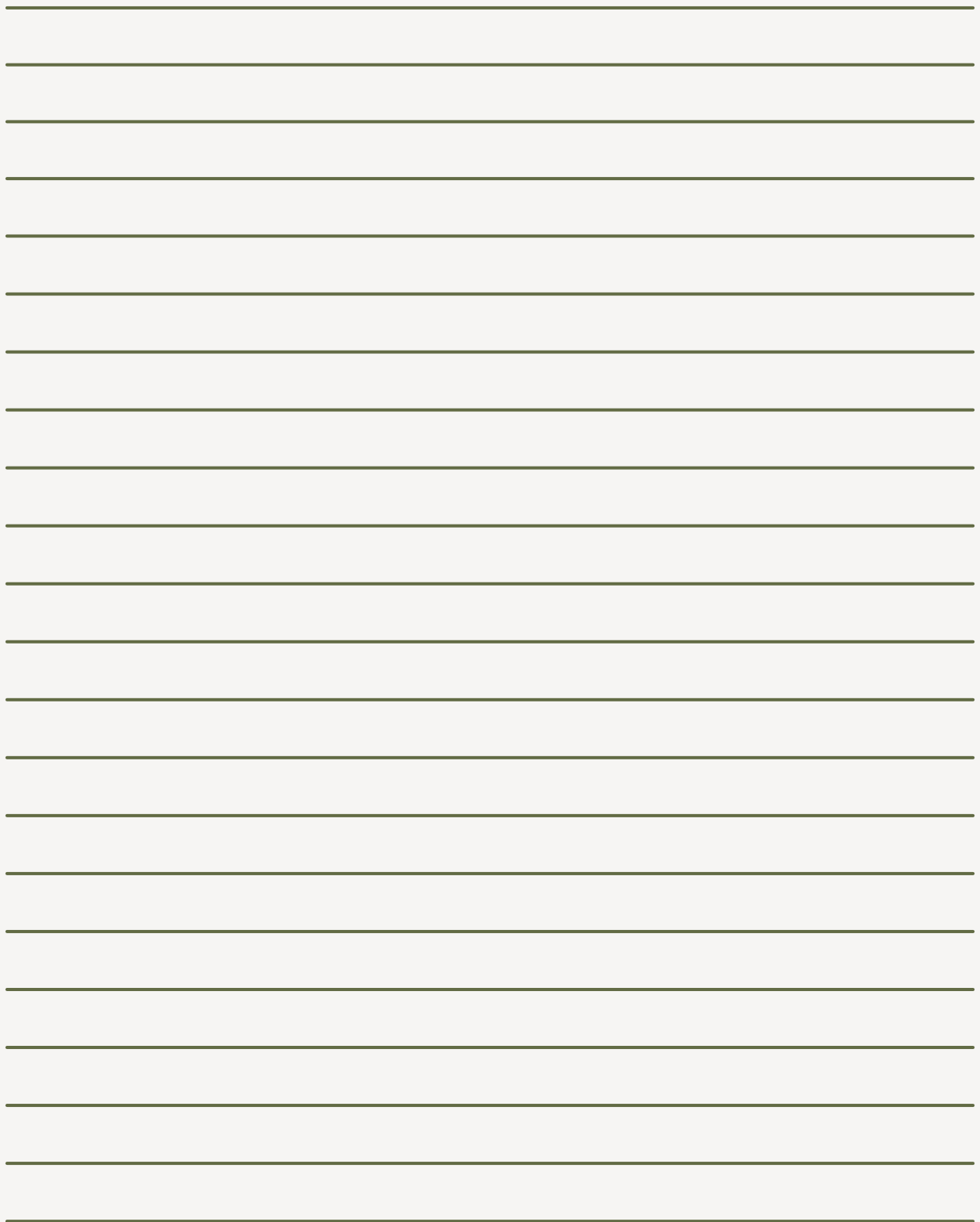


Write about an instance when you prioritized your mental health over work. How did you ensure you remained productive while also taking care of yourself?

[illegible]

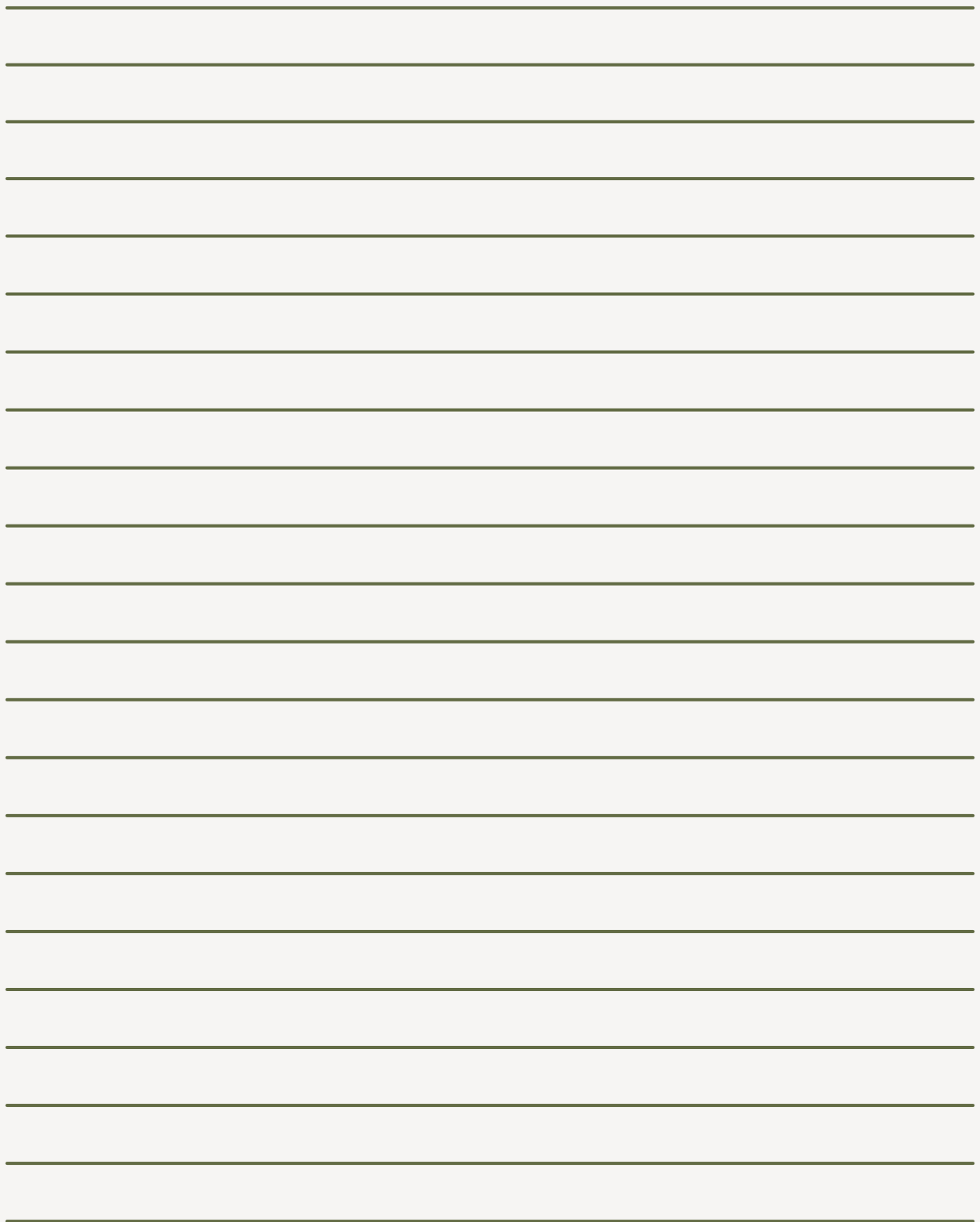


[illegible]



Recall a time when you used a failure as a stepping stone. How did that experience shape your approach to challenges?

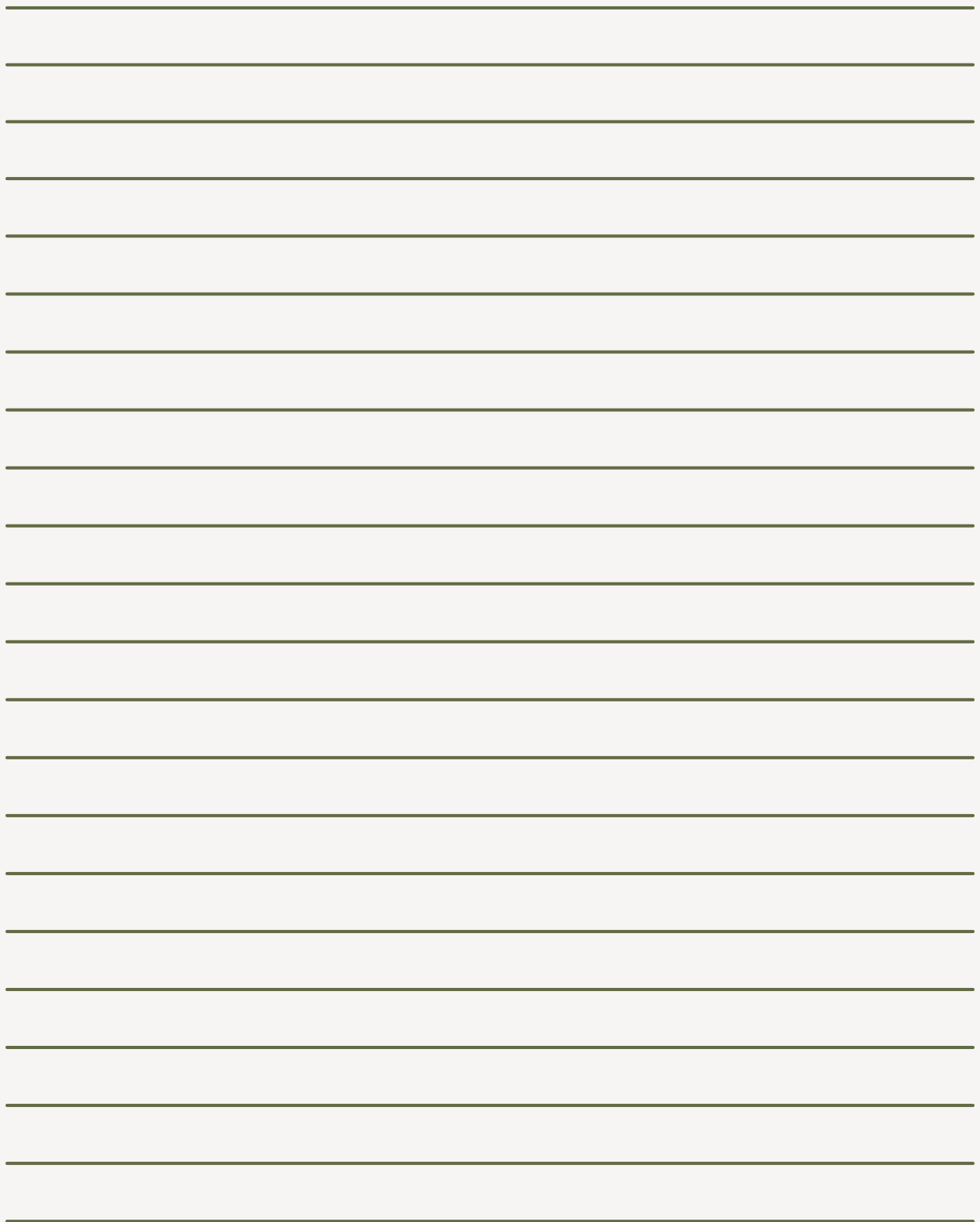
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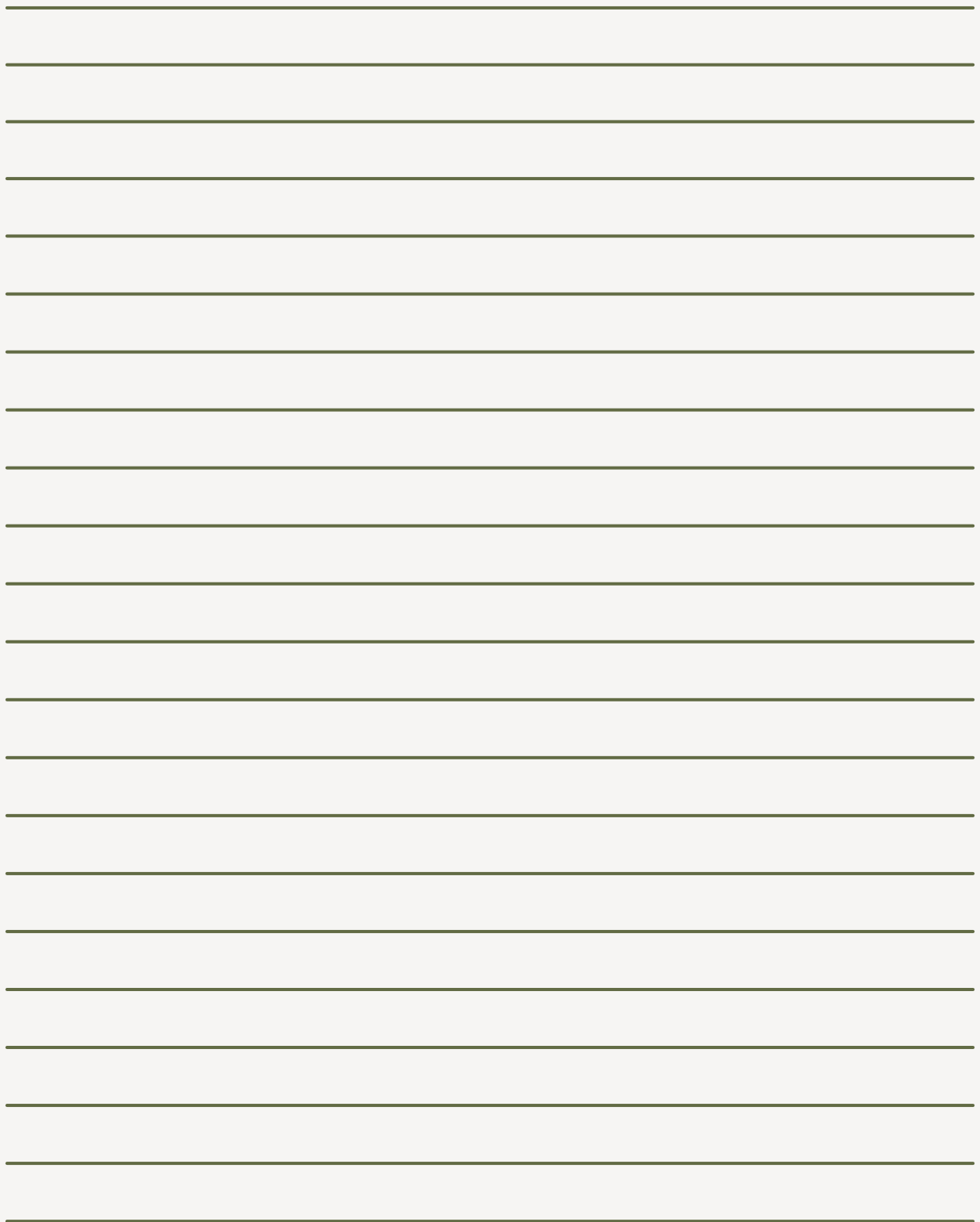
Reflect on the importance of authenticity in the workplace. How do you ensure you remain true to yourself in a corporate setting?

[illegible]



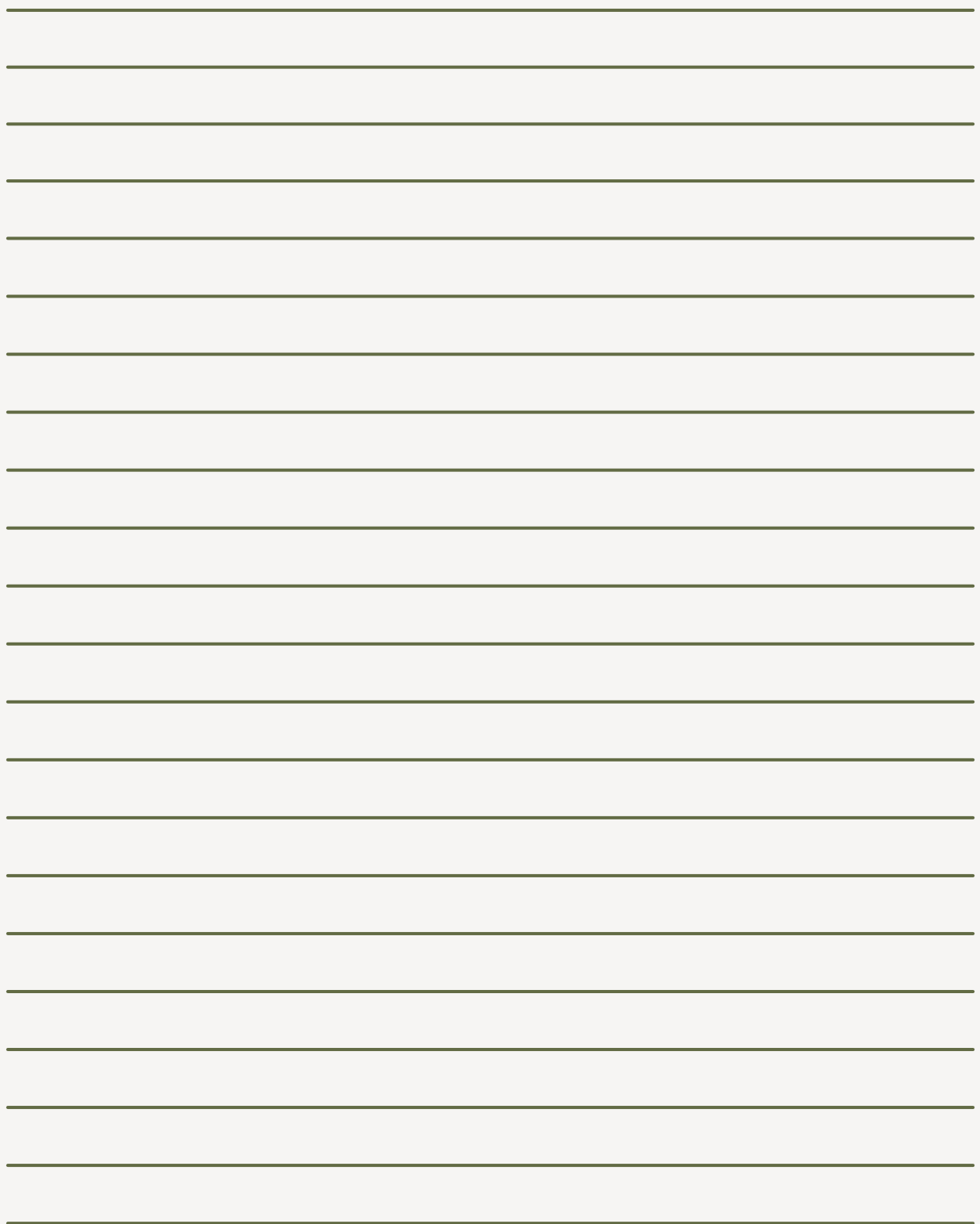
Write about a moment when your creativity solved a problem at work. What inspired your creative solution?

[illegible]

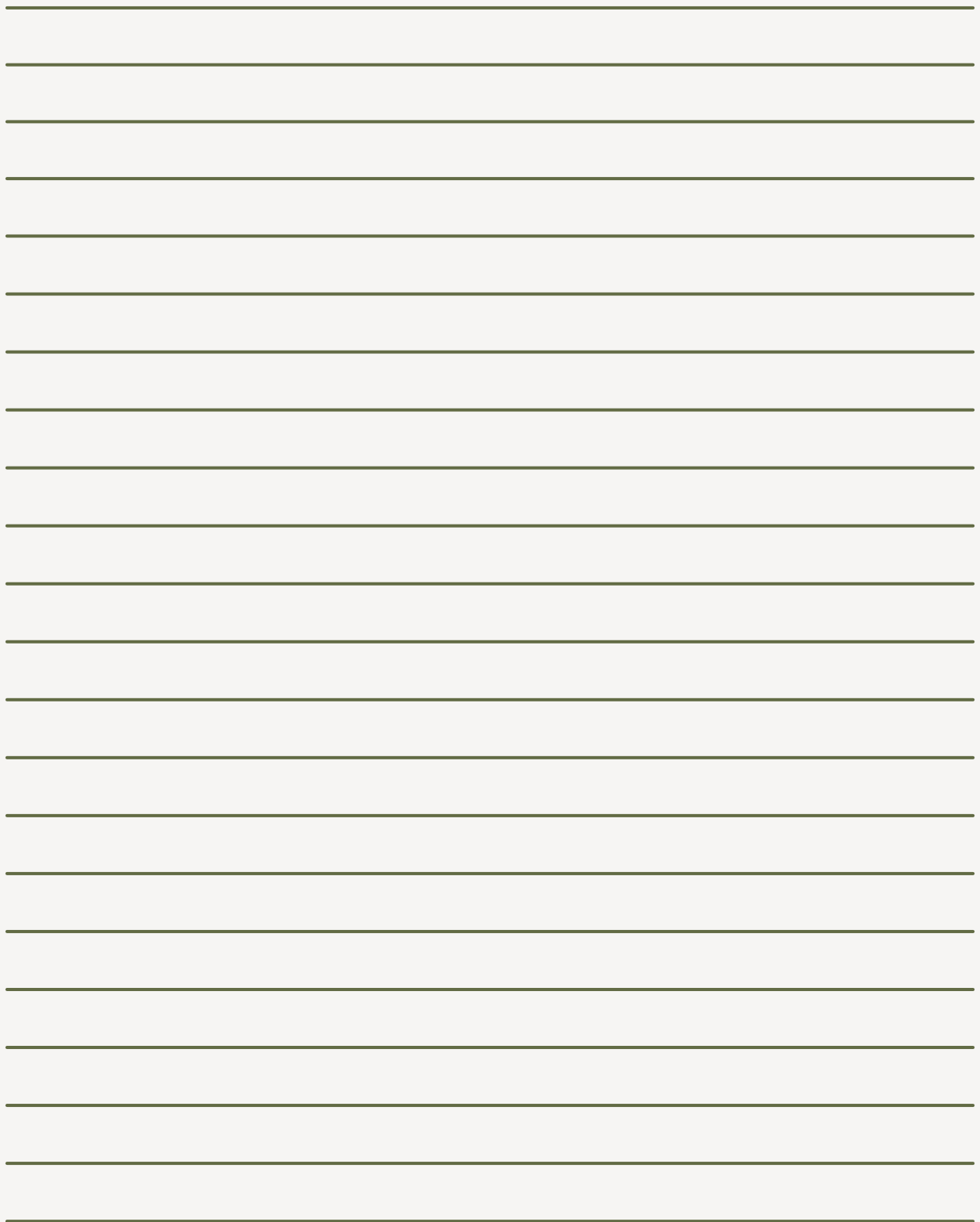


Think about a time when your leadership made a difference.  
What leadership qualities do you think are most important?

[illegible]



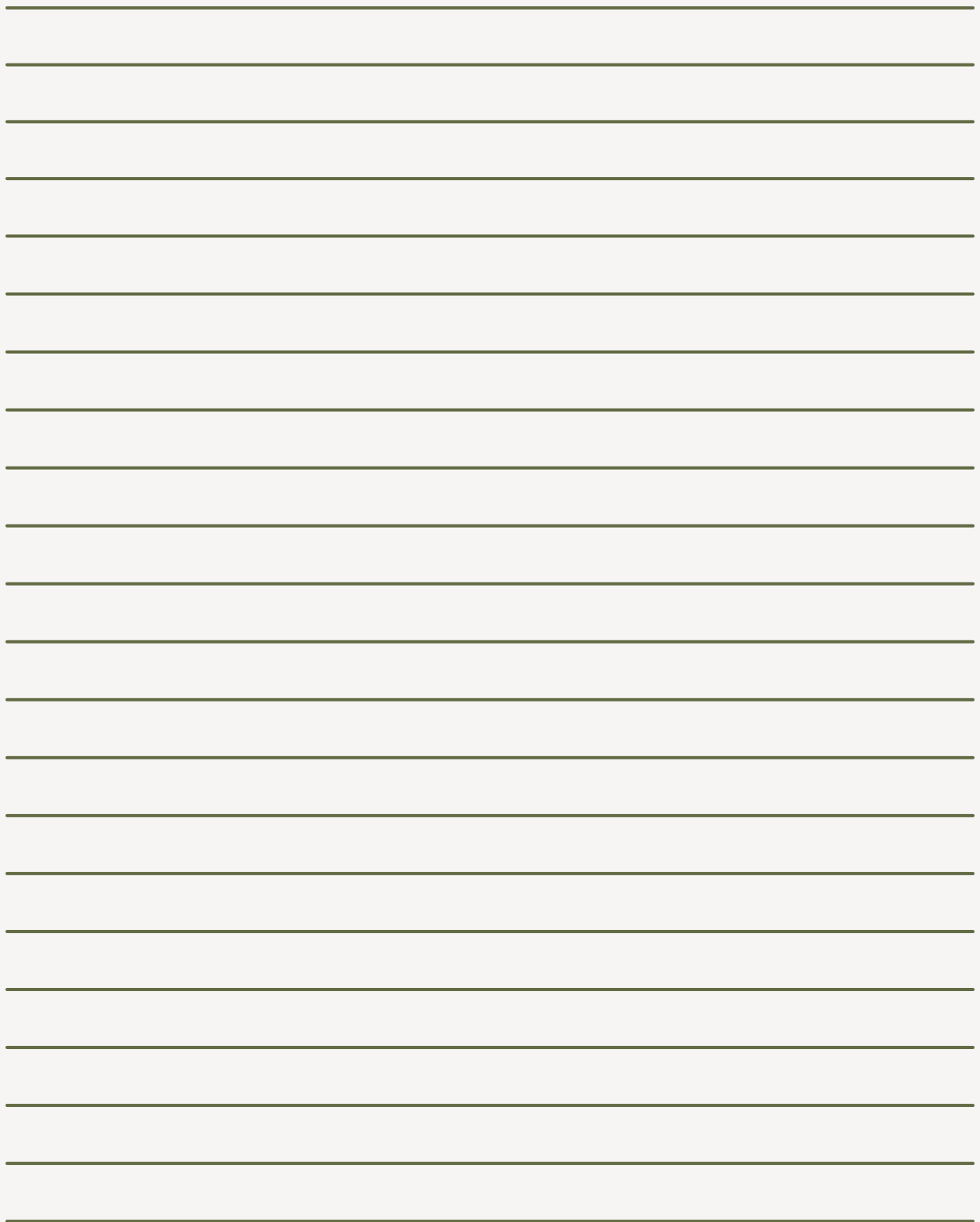
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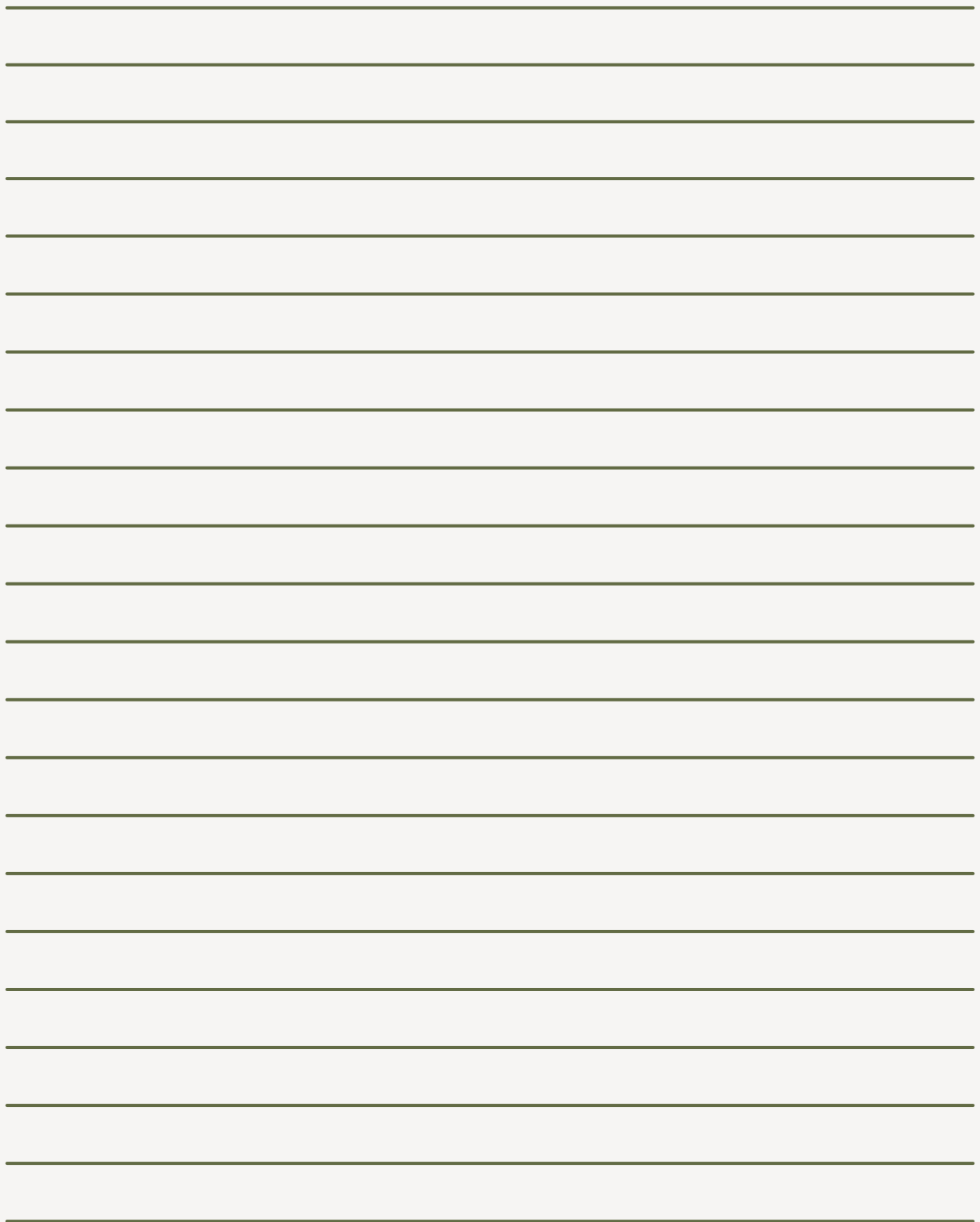
Reflect on a goal you've set for your personal growth. Why is this goal significant, and how will achieving it impact your life?

[illegible]



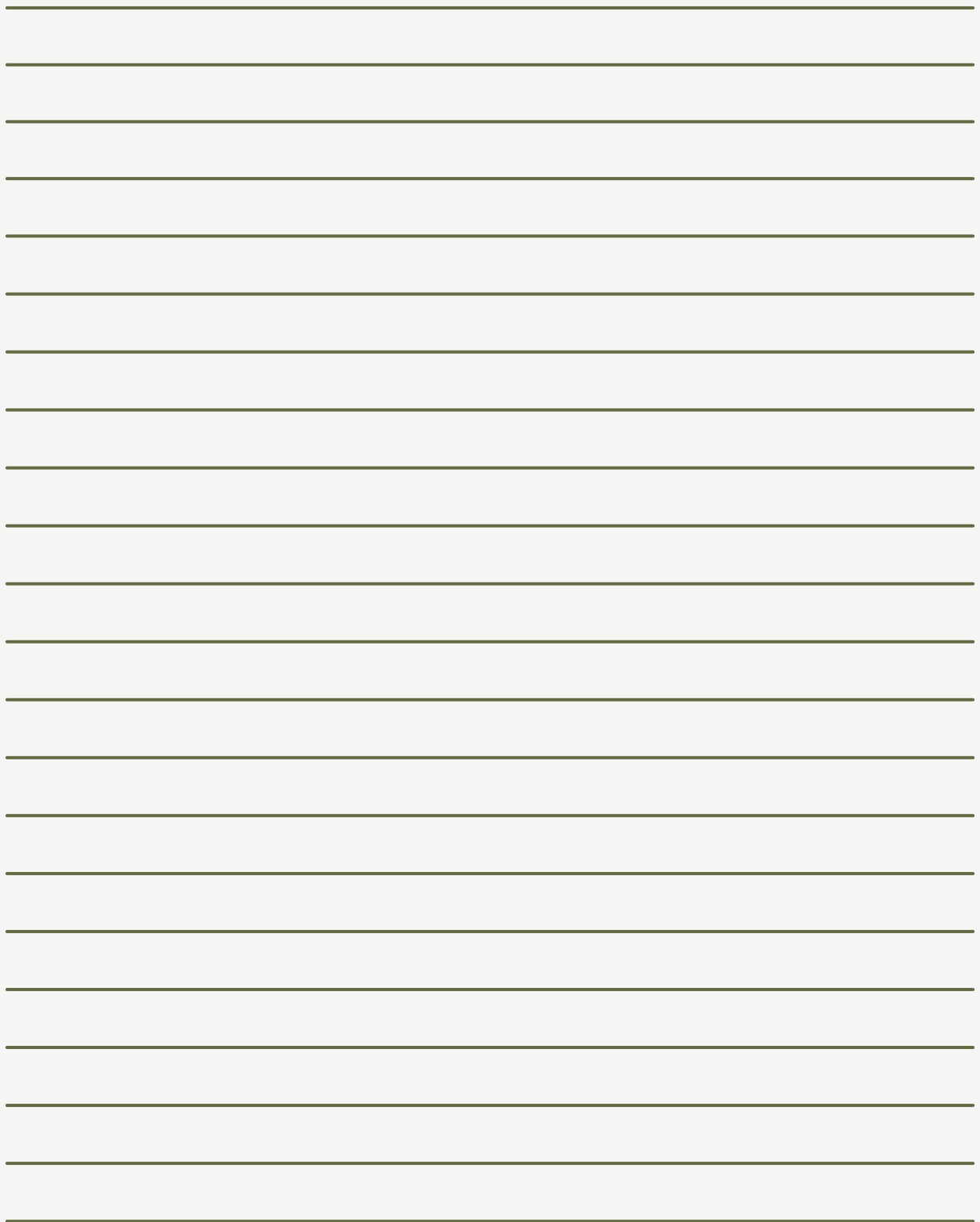
Write about a time when you had to assert your boundaries at work. How did it affect your professional relationships?

[illegible]

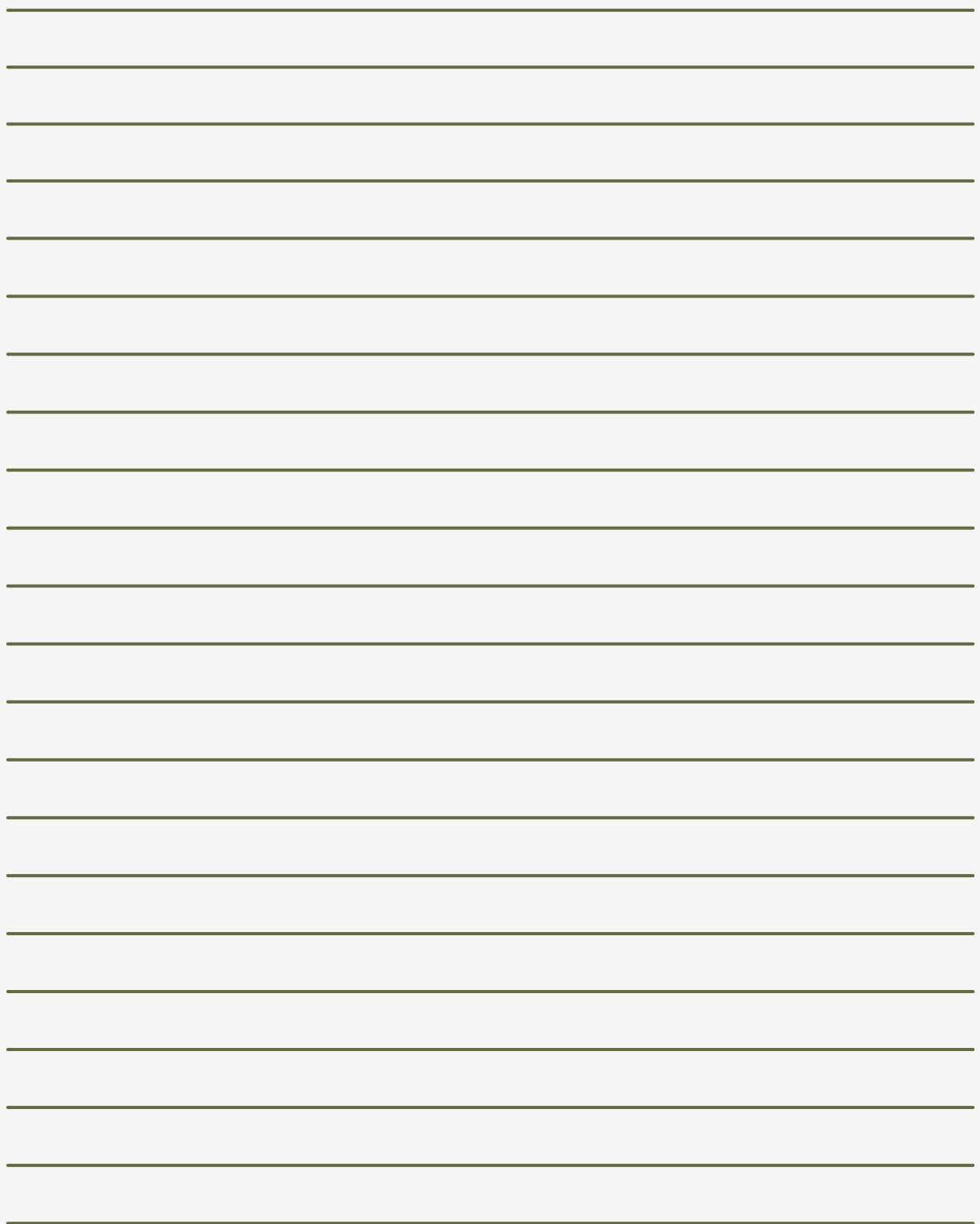


Consider a moment when you felt proud of your cultural identity in a corporate setting. How did you celebrate or share this aspect of yourself?

[illegible]

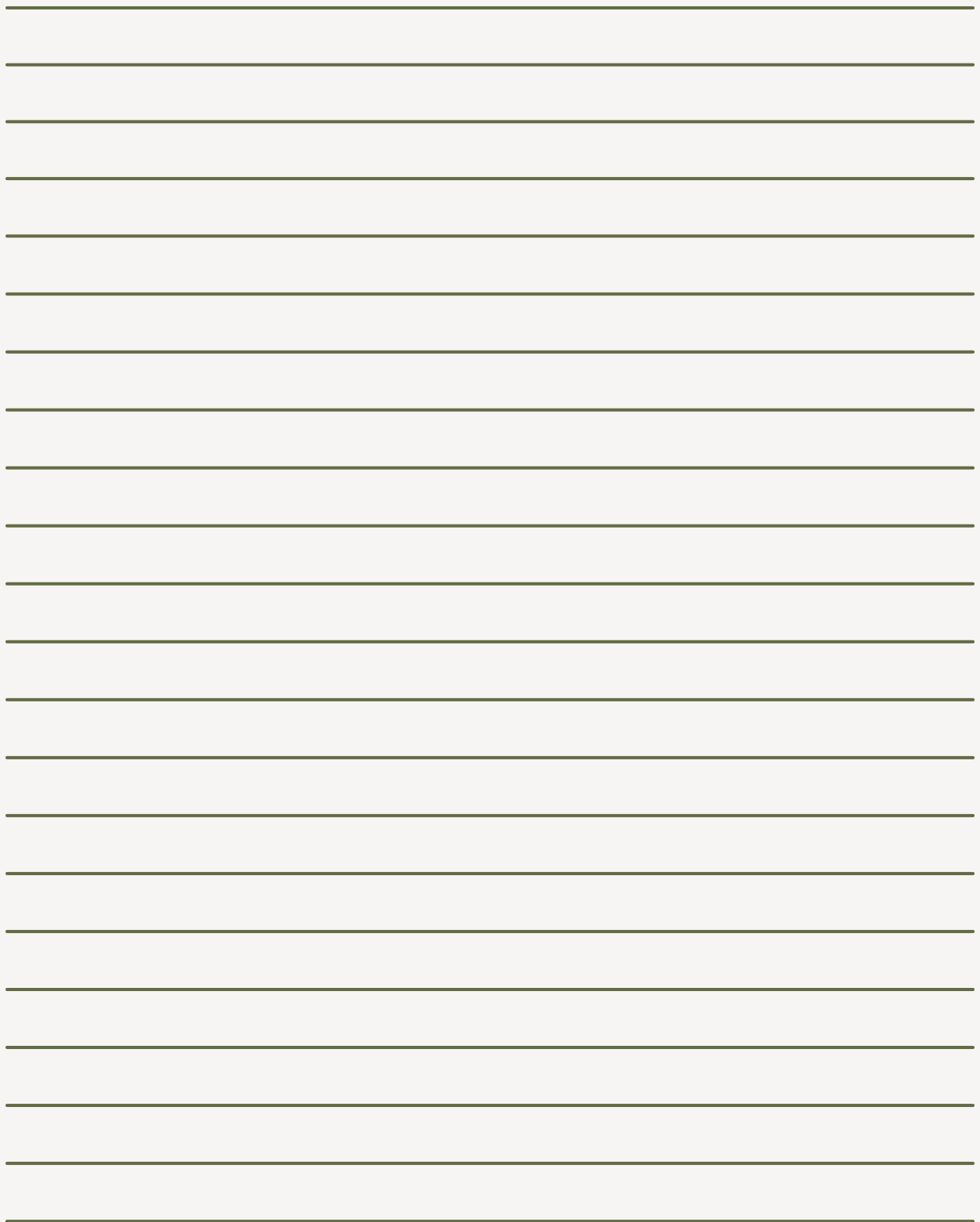


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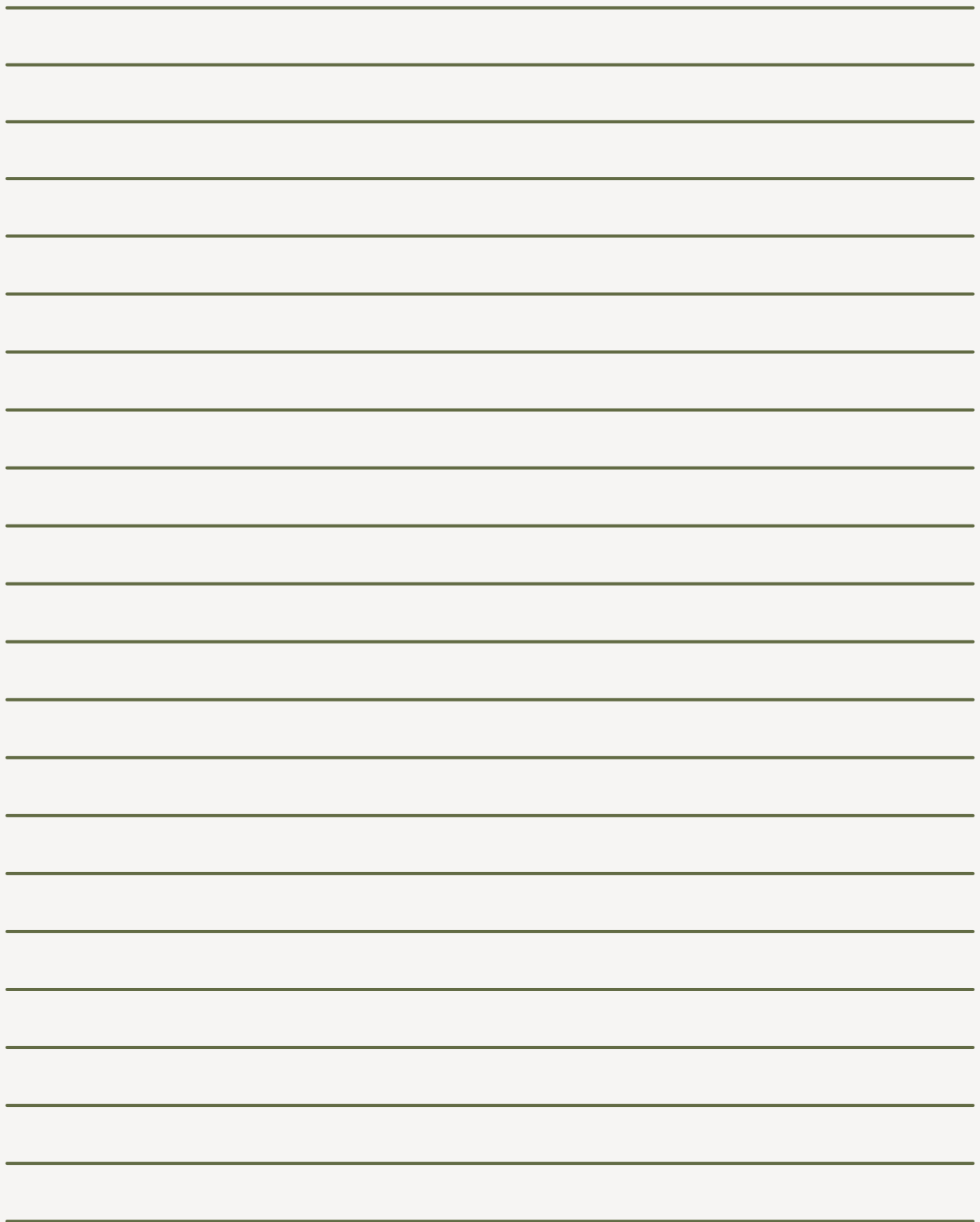




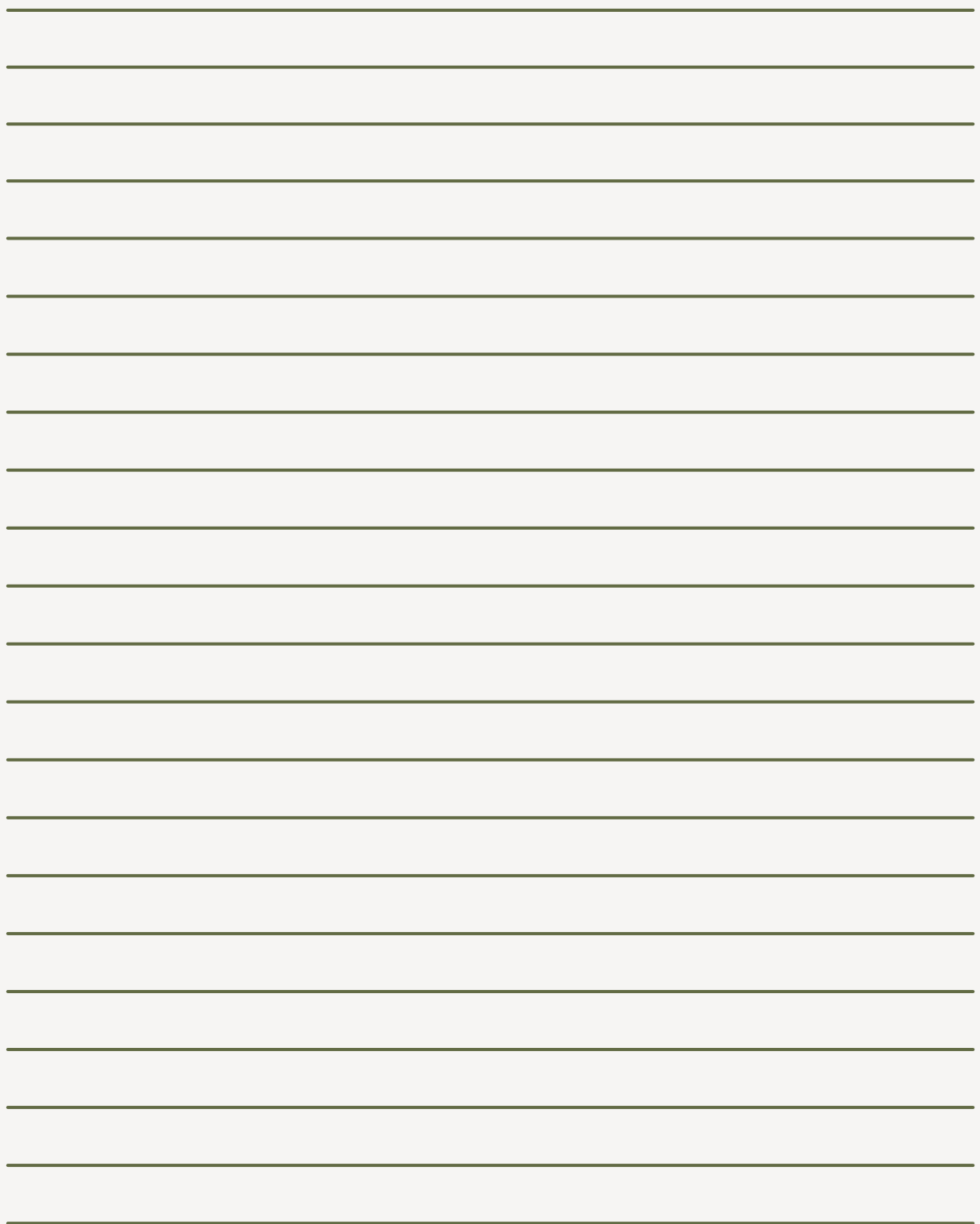
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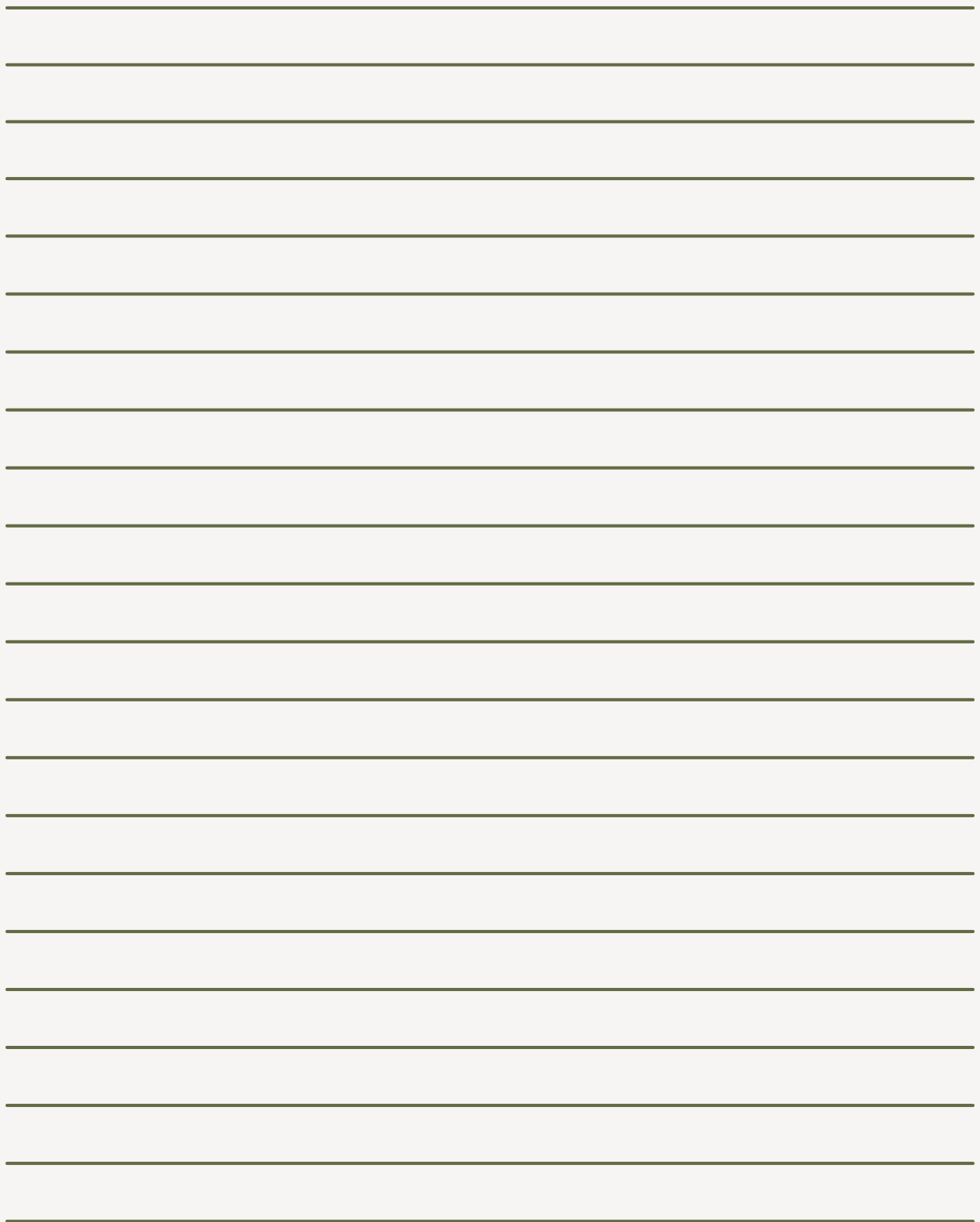


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Describe a moment when you took a risk at work. What was the outcome, and would you do it again?

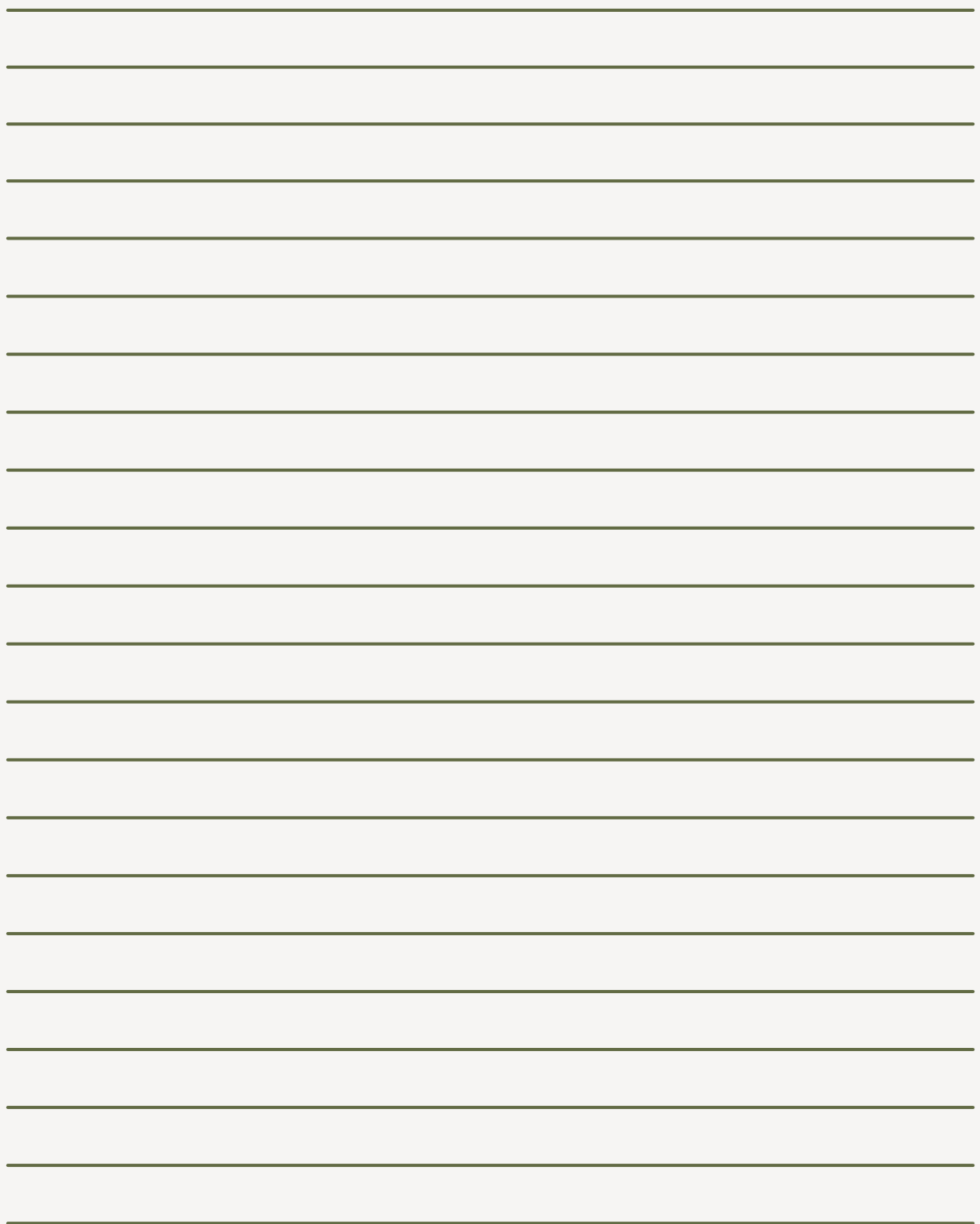
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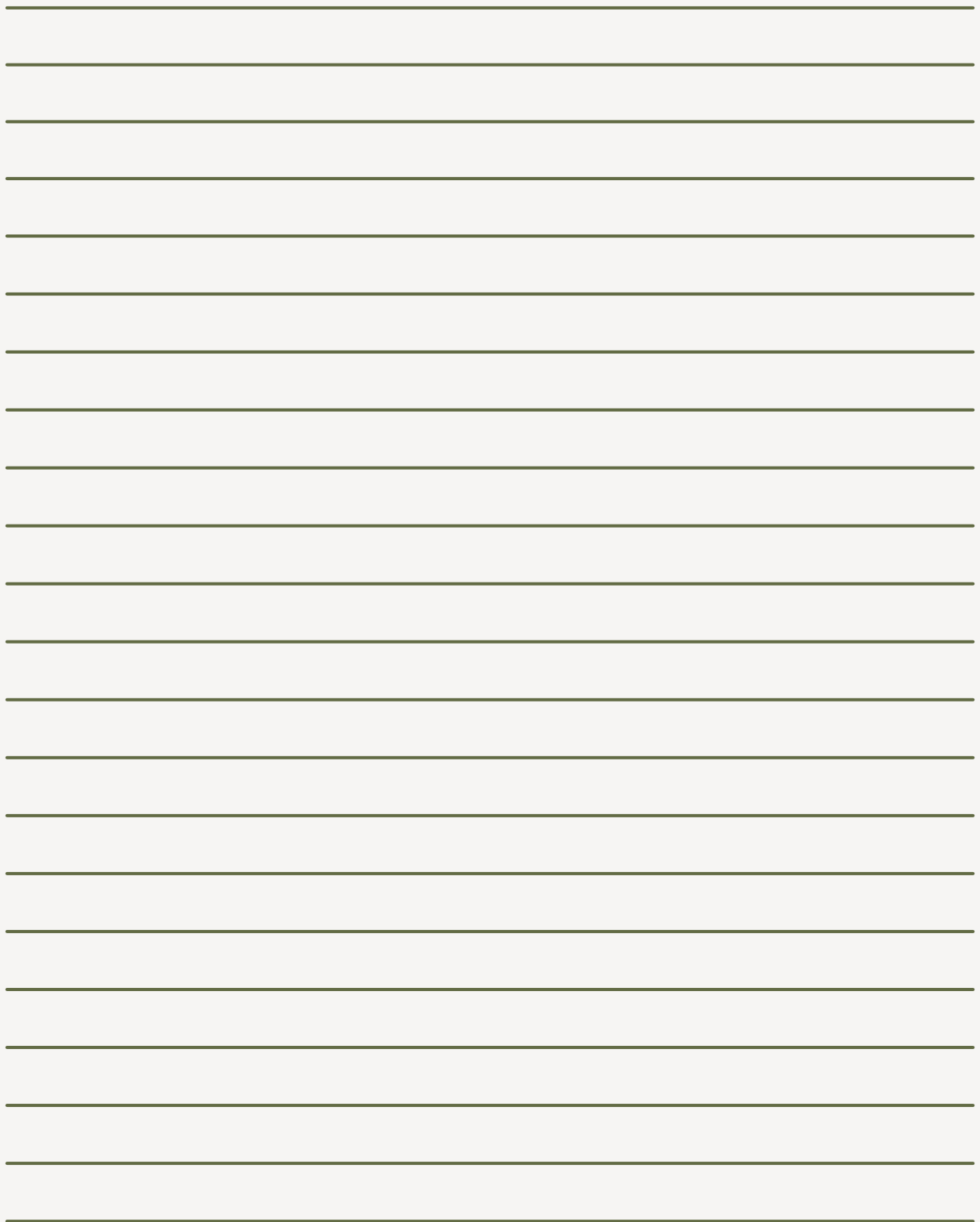
Reflect on the evolution of your career goals. How have they changed over time, and what has influenced those changes?

[illegible]



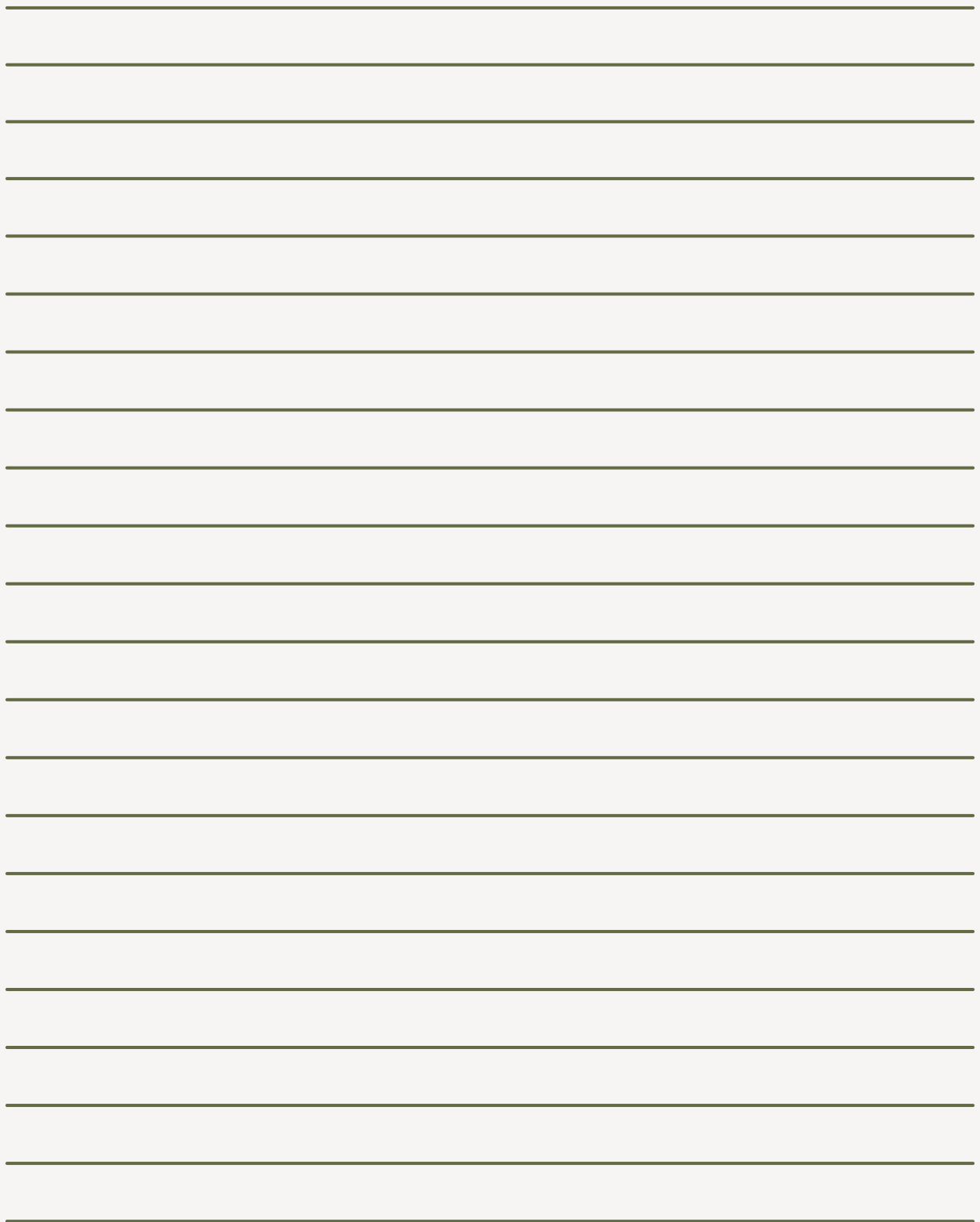
Write about an instance when you felt recognized for your hard work and dedication. How did it motivate you to continue striving for excellence?

[illegible]



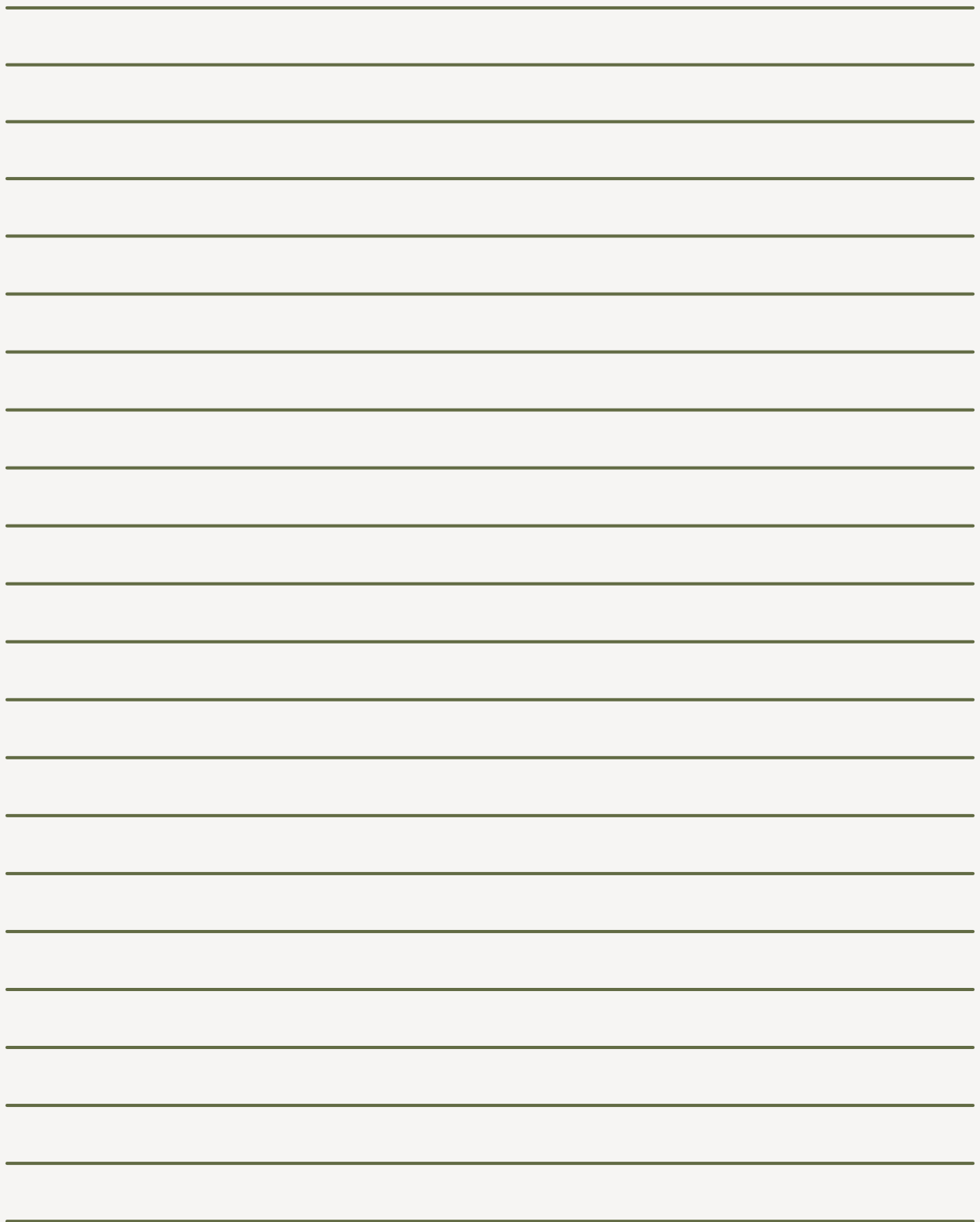
Consider a time when you had to collaborate with someone very different from yourself. What did you learn from that experience?

[illegible]



Recall a moment when you had to prioritize your tasks effectively. What method did you use, and how successful was it?

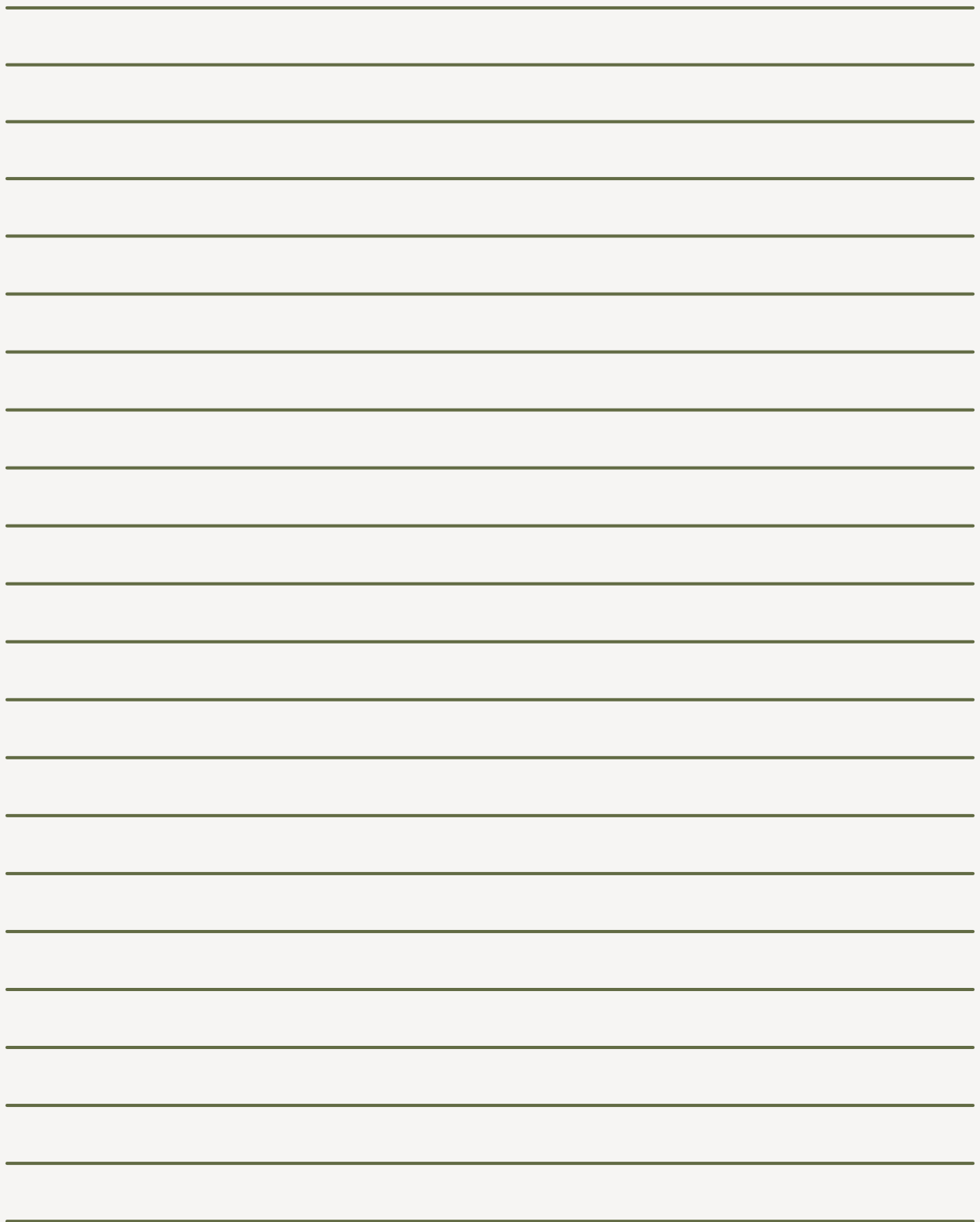
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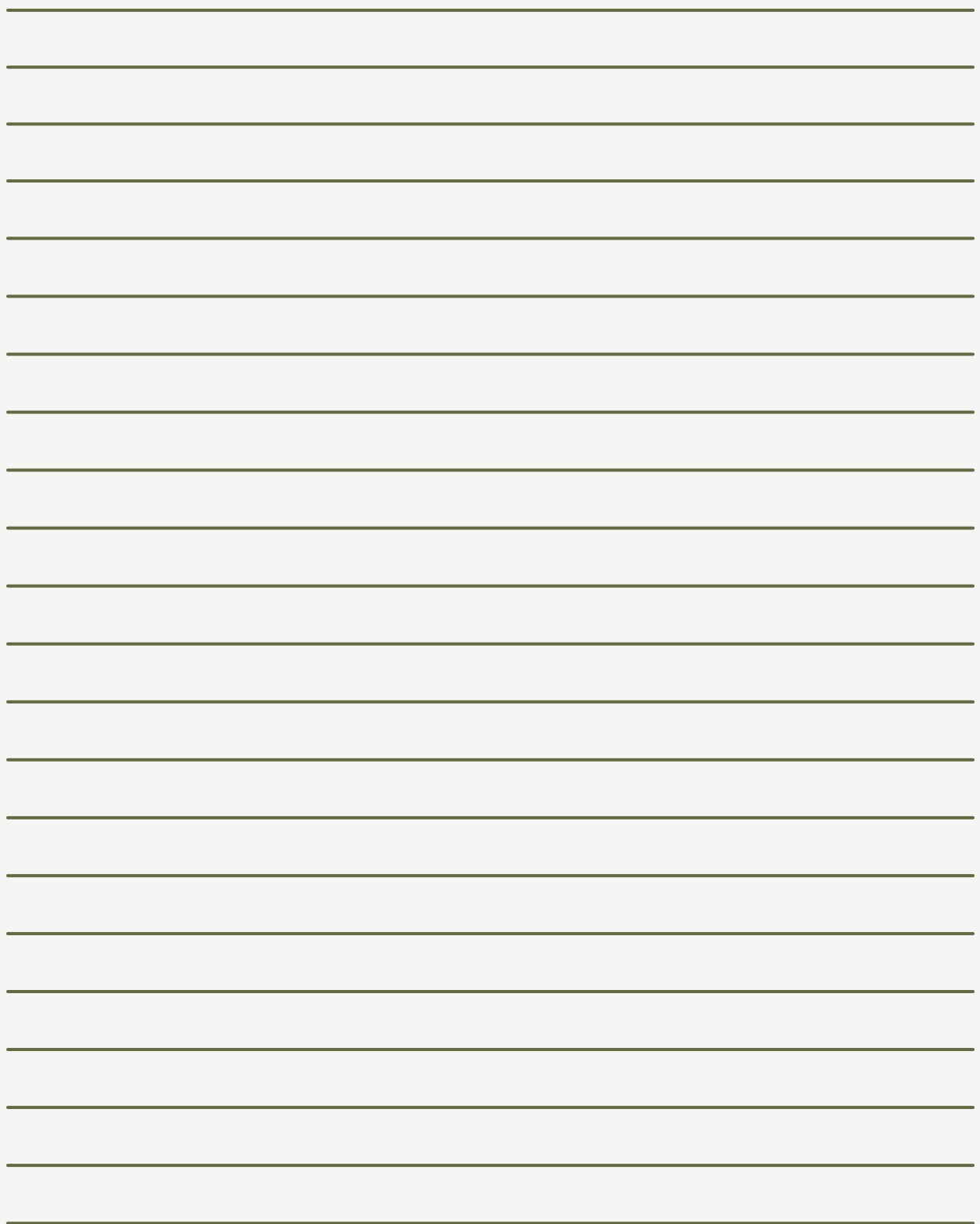


Reflect on the importance of mentorship in your career. How has being a mentor or having a mentor shaped your professional journey?

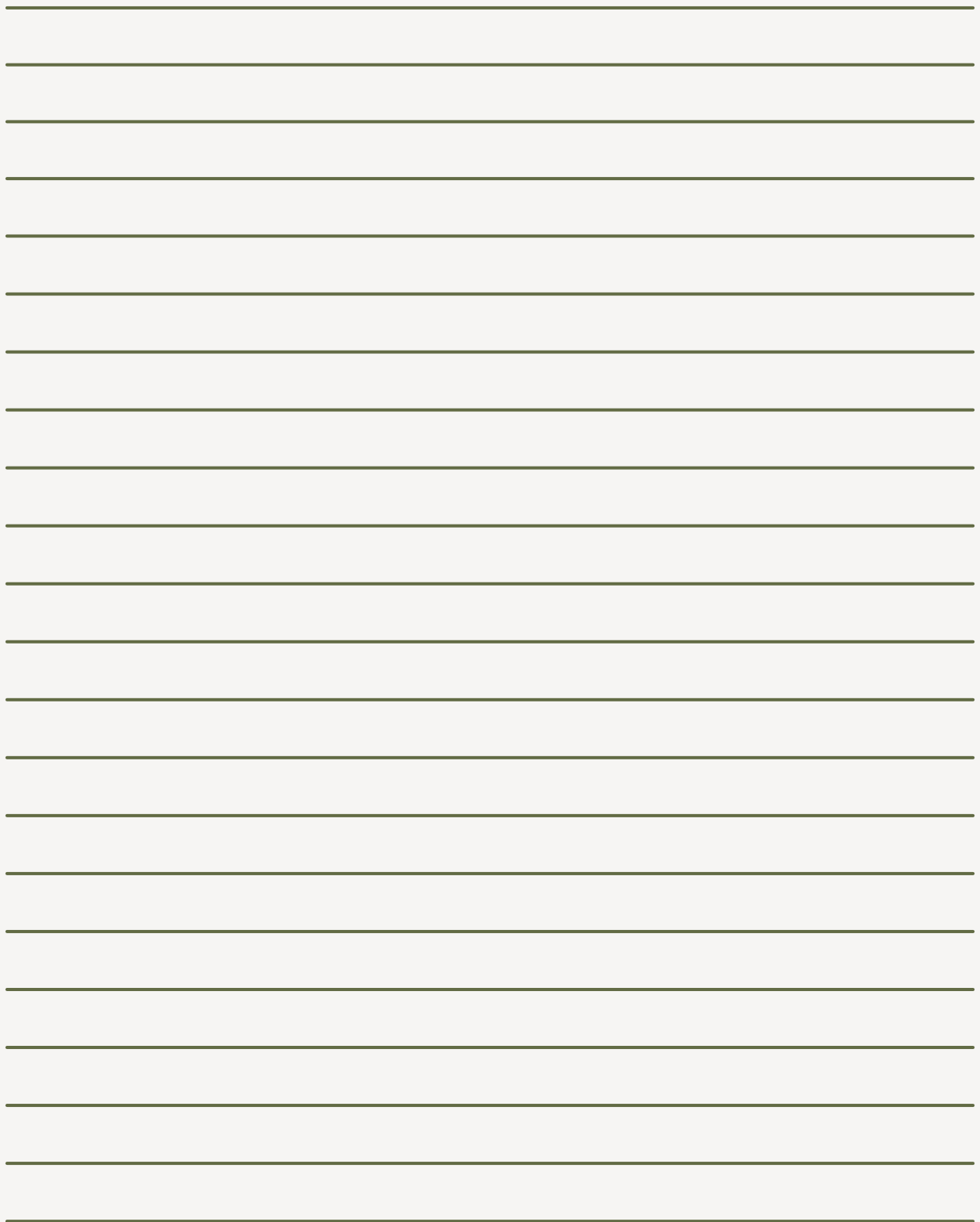
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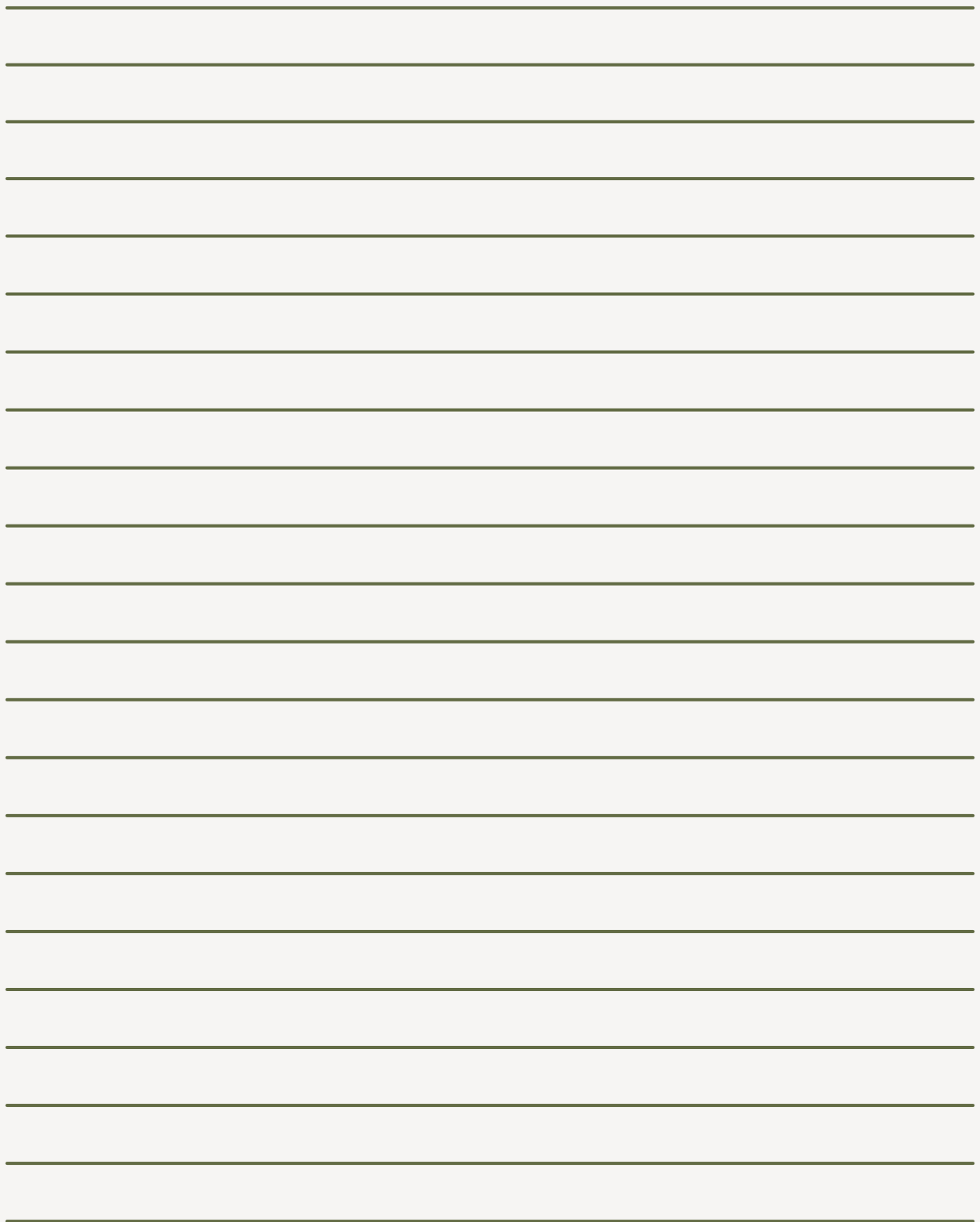
[illegible]



[illegible]



[illegible]





Reflect on the journey of embracing your unique voice and perspective in a corporate setting. How has this journey impacted your sense of self and your career trajectory?

[illegible]

