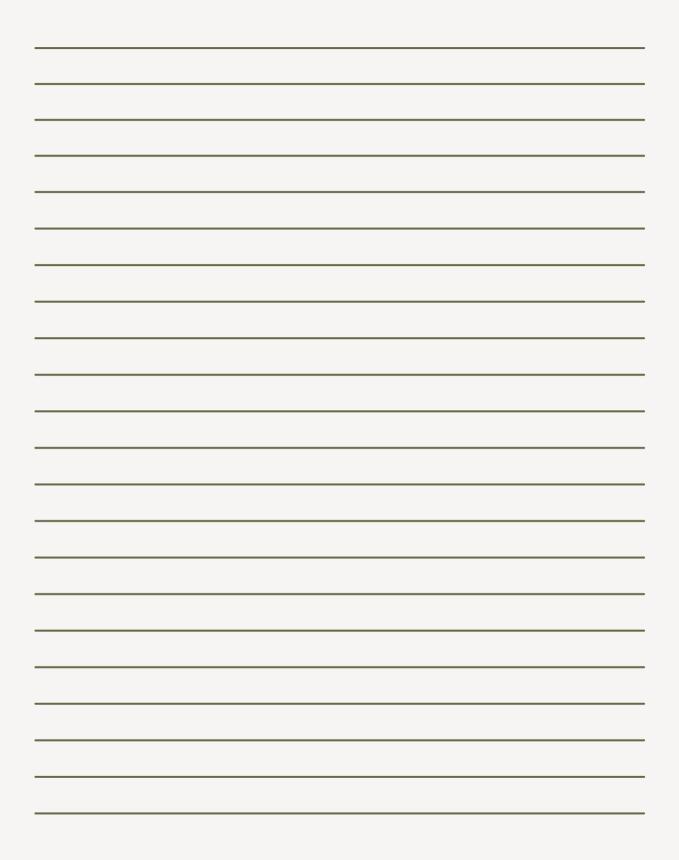
PAUSE

JOURNAL

DR. EBONY STONE

www.drebonystone.com

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





Write about a moment when you achieved something you initially thought was out of your reach. How did you overcome those doubts?



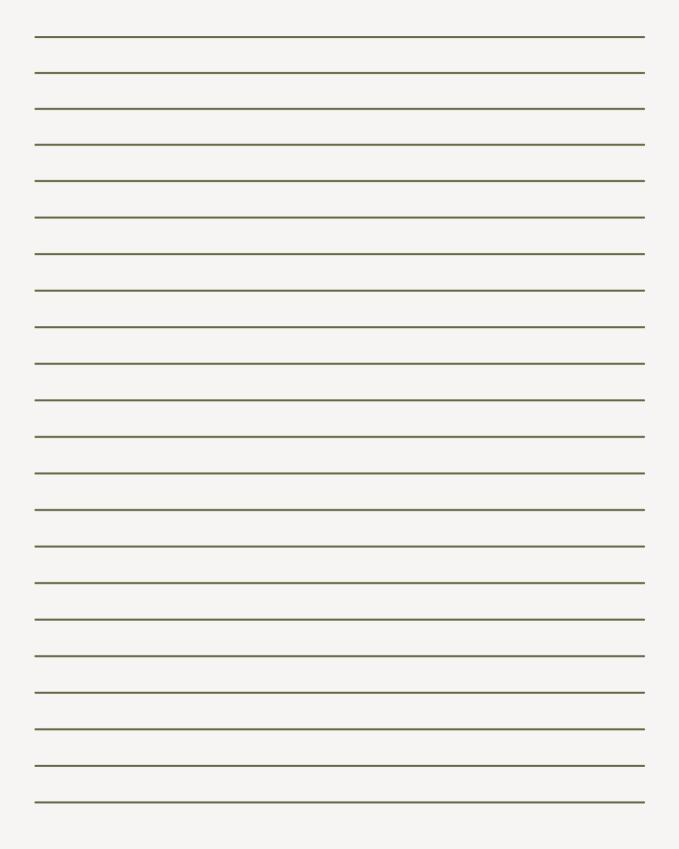


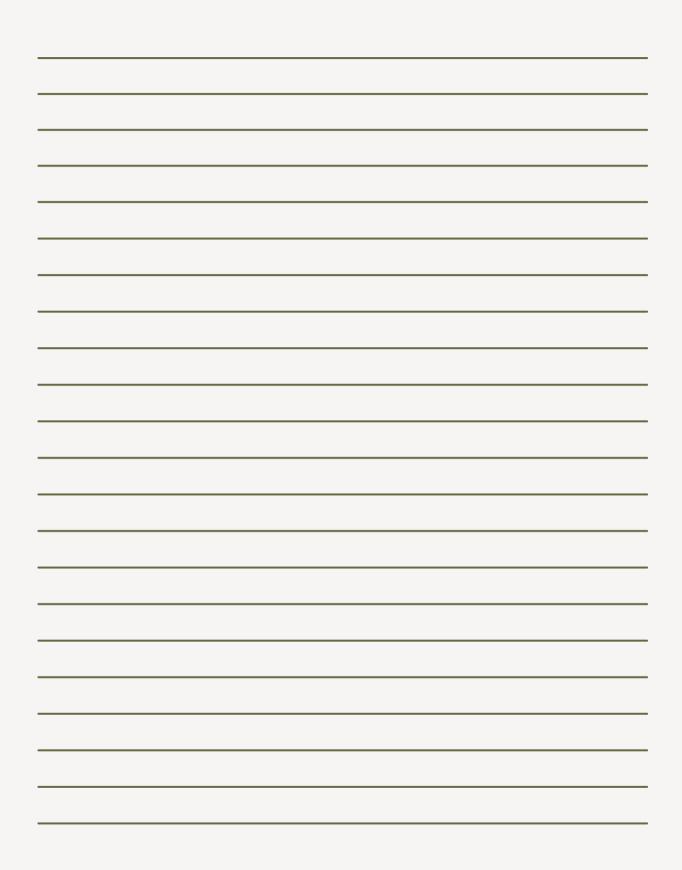
Describe an instance when you used your voice to make a positive change in your workplace. What motivated you to speak up?





Think about a mentor or role model who has influenced your career. What qualities do they possess that you admire?

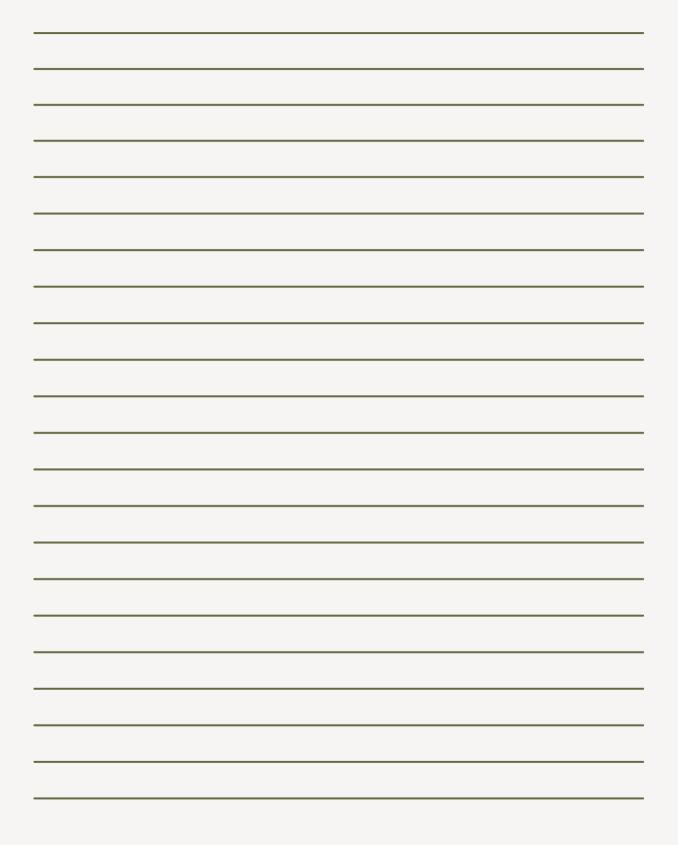




Recall a challenging project or task you completed successfully. What strategies did you employ to ensure its success?

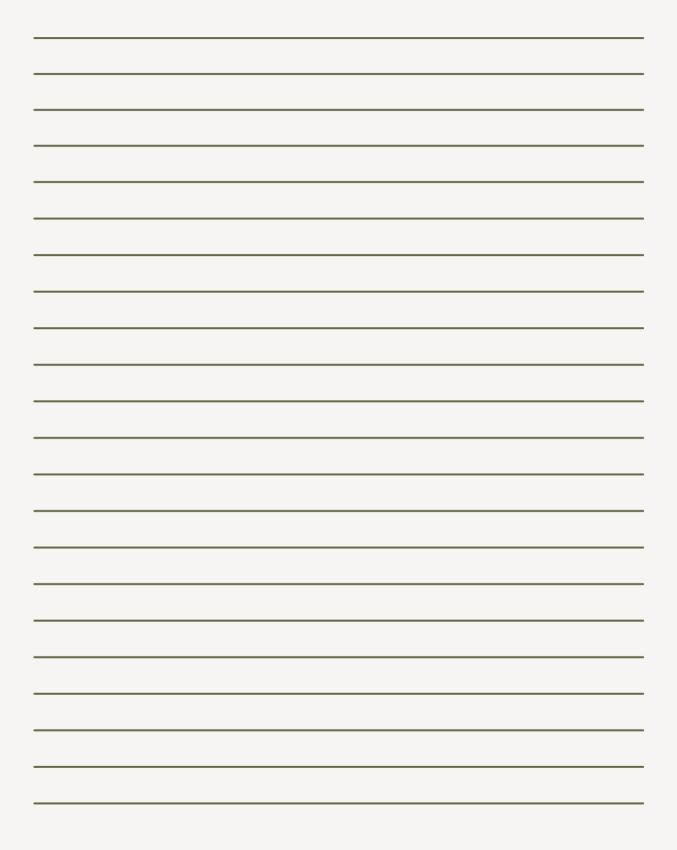


Consider a time when you felt out of place or underestimated at work. How did you navigate that situation and prove your worth?



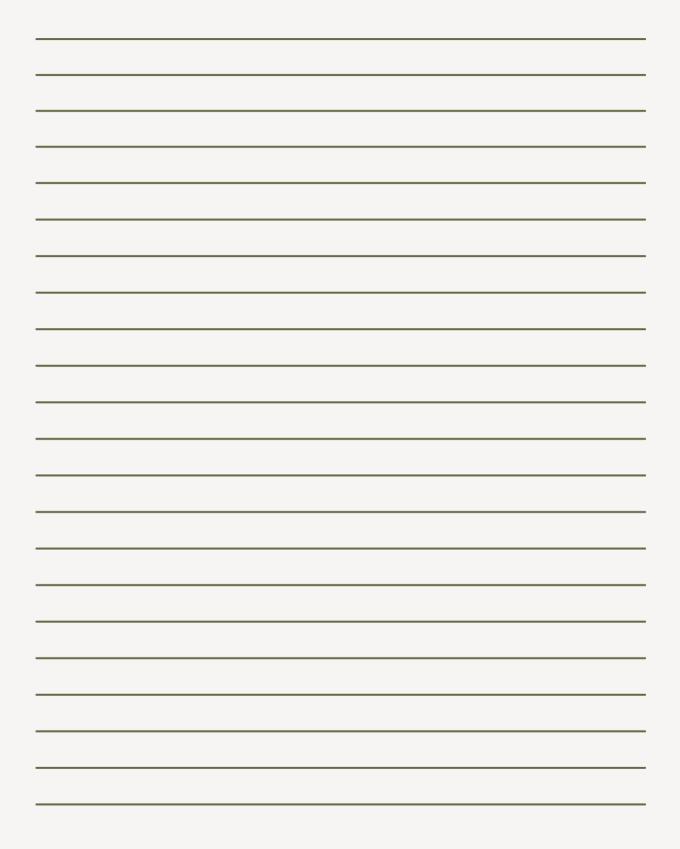


Reflect on the achievements that give you the most pride. How do those accomplishments align with your personal values?





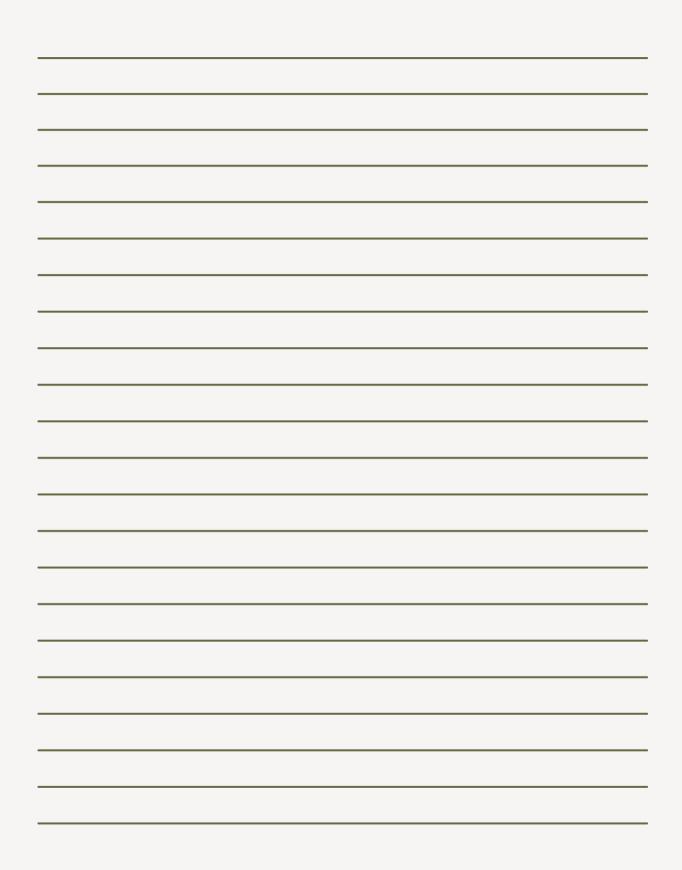
Write about a day when you felt unstoppable at work. What contributed to that feeling of invincibility?



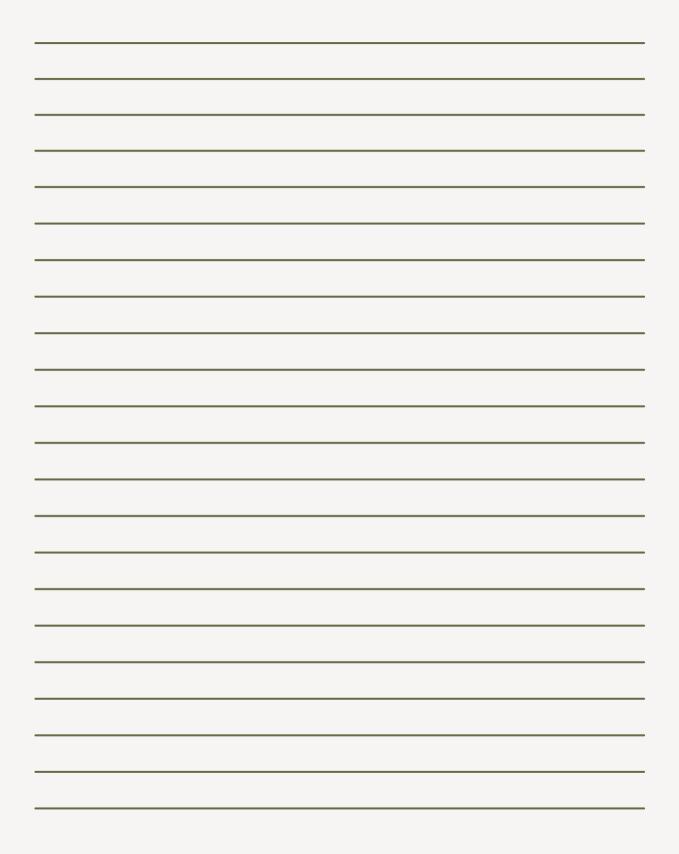


Describe a goal you have for your professional development. Why is this goal important to you, and how do you plan to achieve it?



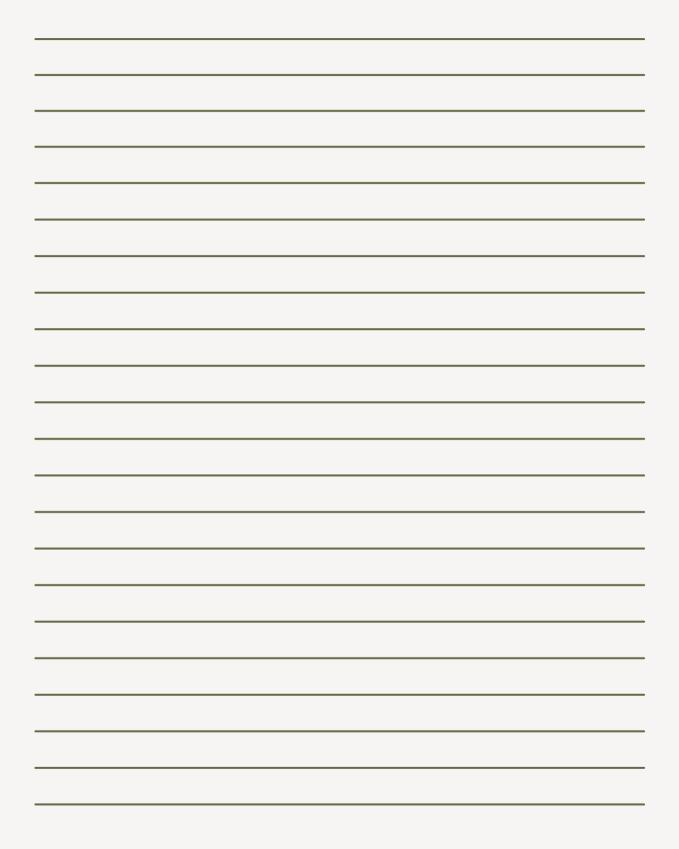


Think about the support system you have within your workplace. How do they contribute to your success?



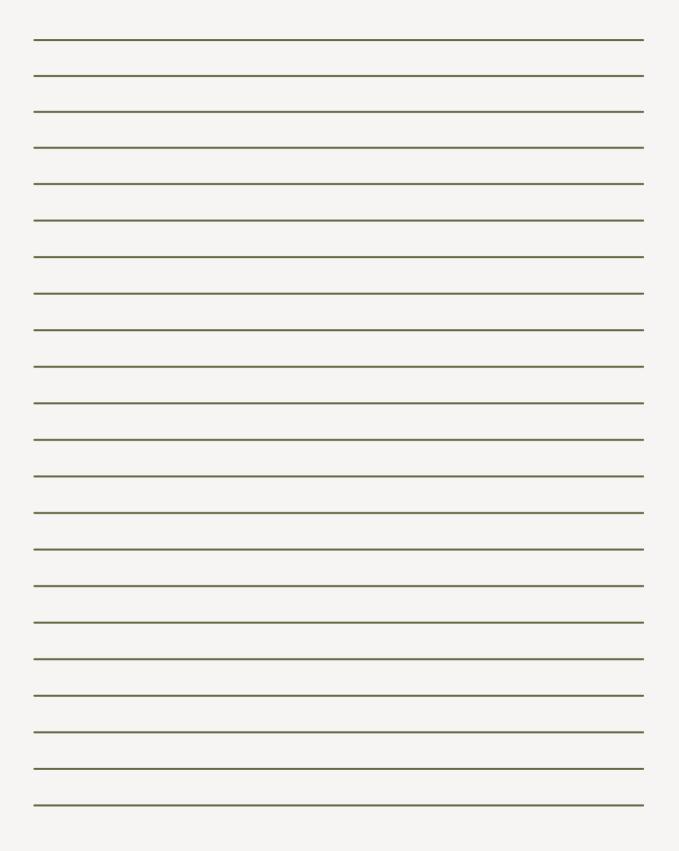


Recall a moment when you had to advocate for yourself or someone else. What was the outcome?



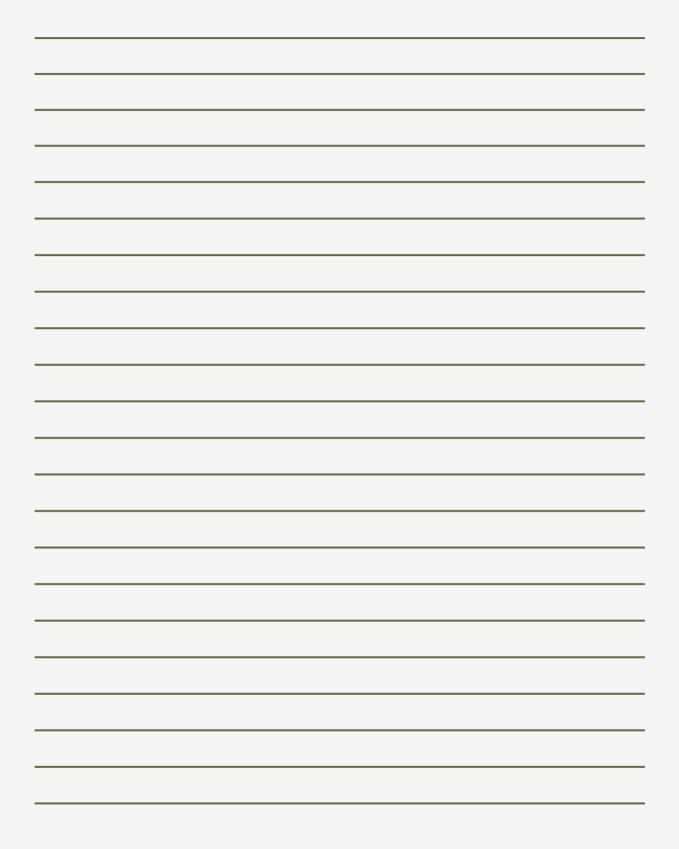


Reflect on a piece of advice that has significantly influenced your career. How do you apply this wisdom to your work?



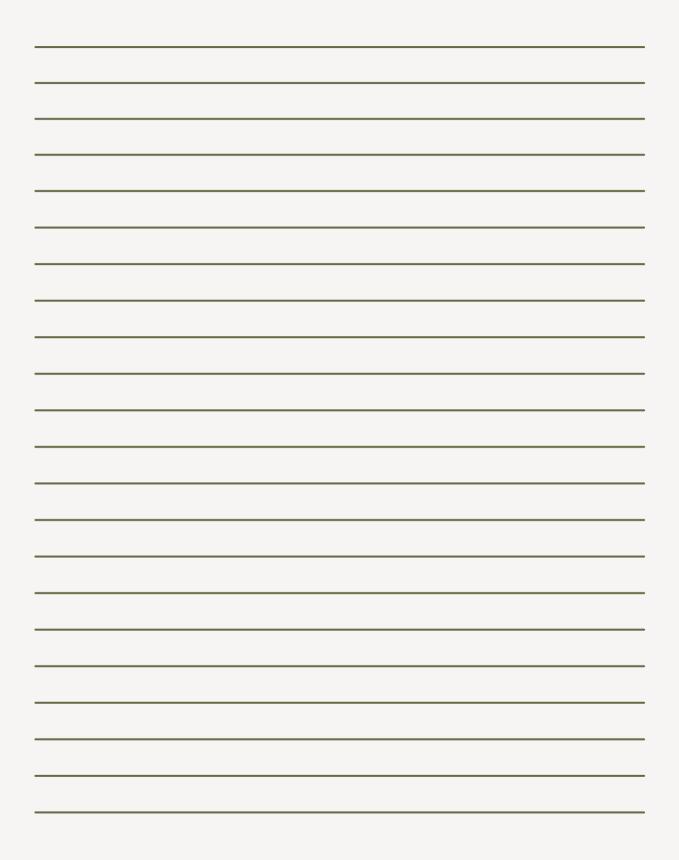


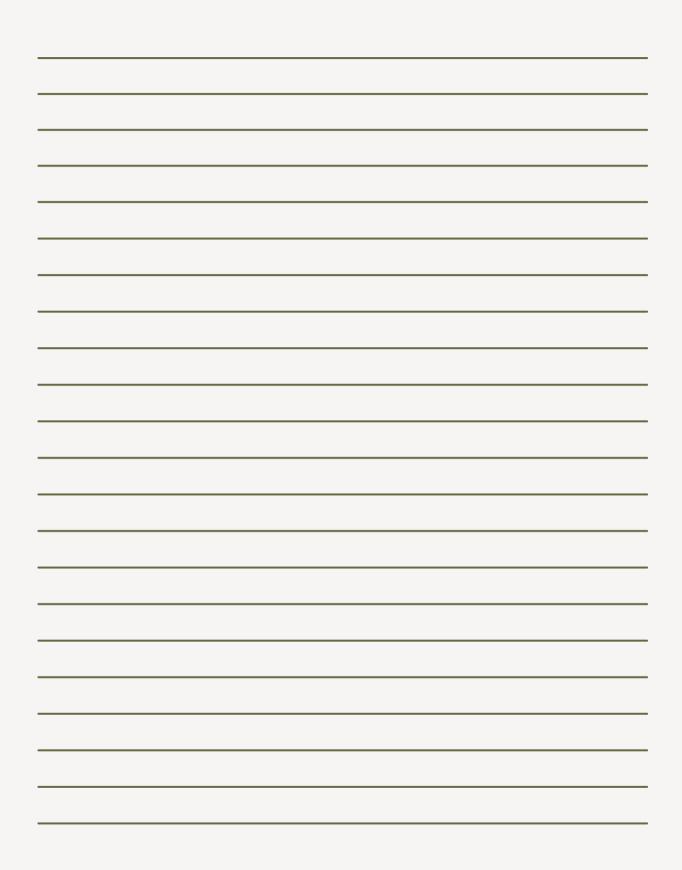
Write about a time when you had to navigate office politics. How did you maintain your integrity and professionalism?



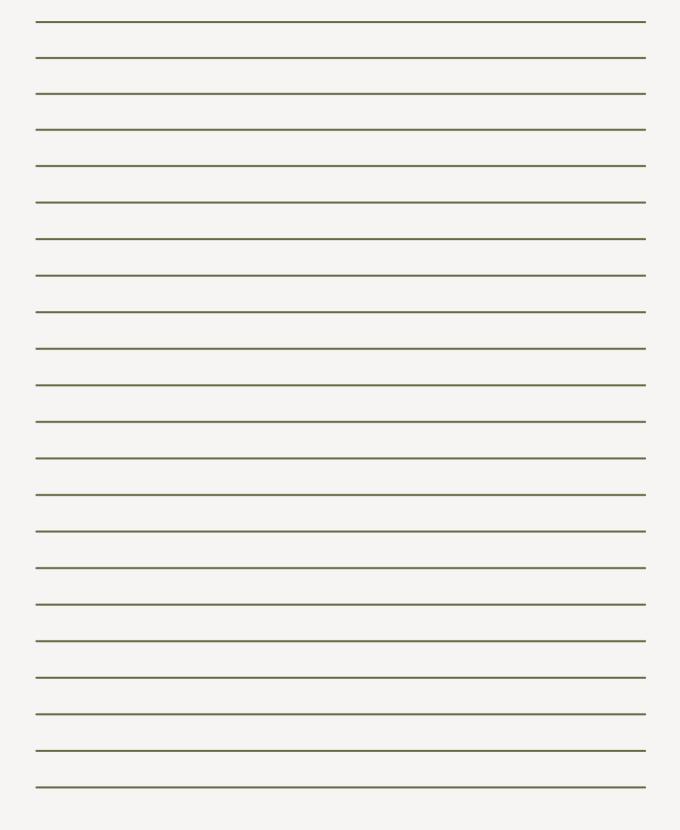


Consider a moment when you felt truly seen and appreciated at work. What led to that recognition?





Recall an instance when you had to step out of your comfort zone for a work-related task. What did you learn from that experience?

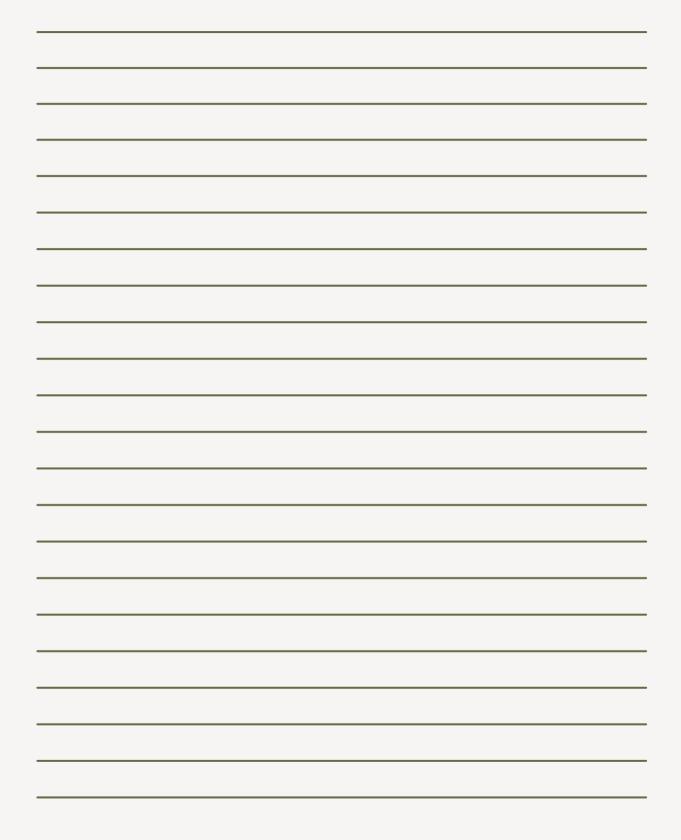




Reflect on the unique perspectives you bring to your workplace. How do you believe they contribute to your team's success?



Write about a time when you balanced multiple responsibilities successfully. What techniques helped you manage your workload?



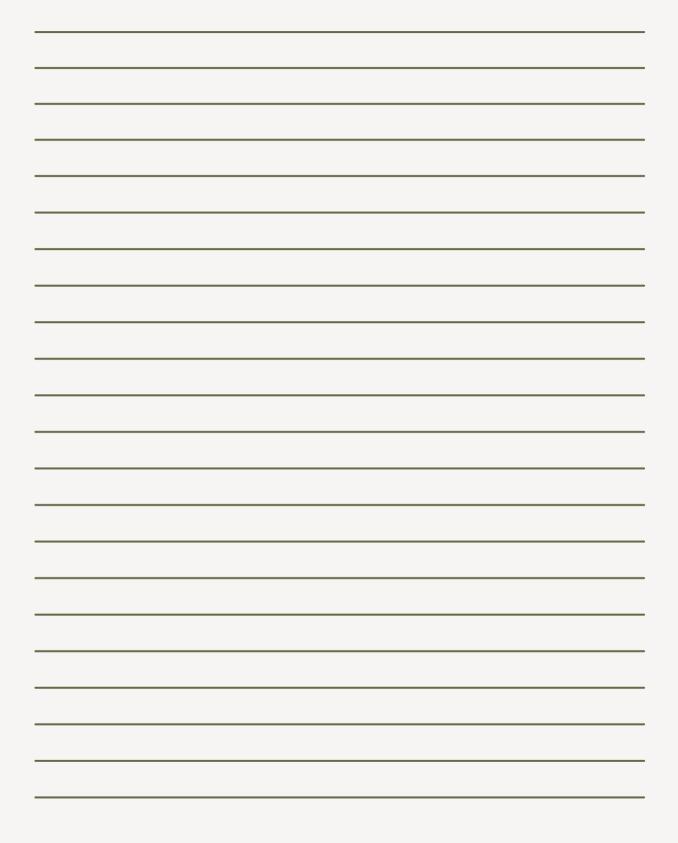


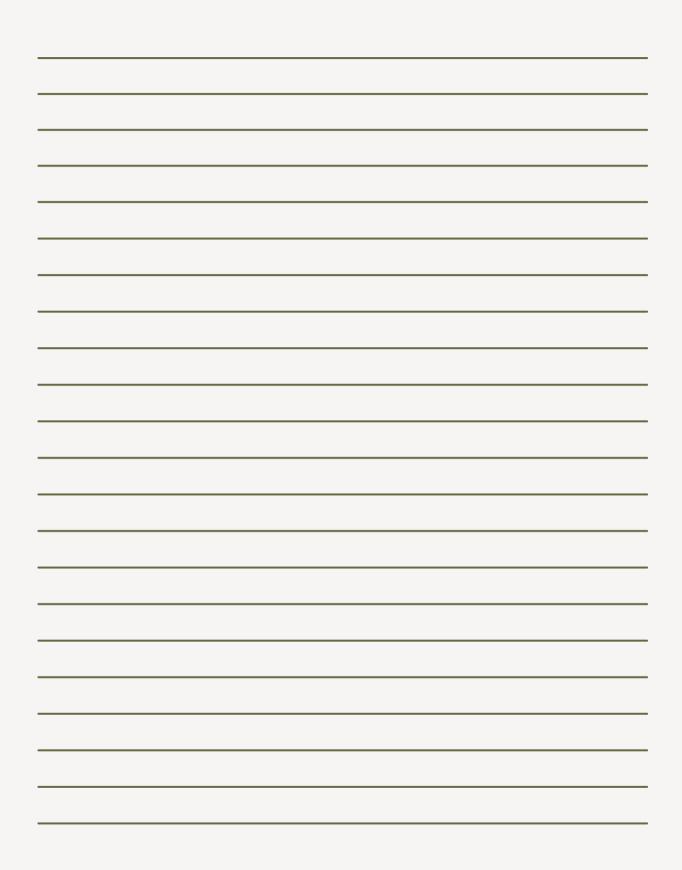
Think of a setback or failure you experienced. How did you bounce back, and what did you learn?





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





Reflect on the importance of self-care in maintaining your productivity and well-being. How do you prioritize self-care amidst a busy schedule?



| Write about an instance when you mentored someone else. What was the most rewarding part of that experience? |
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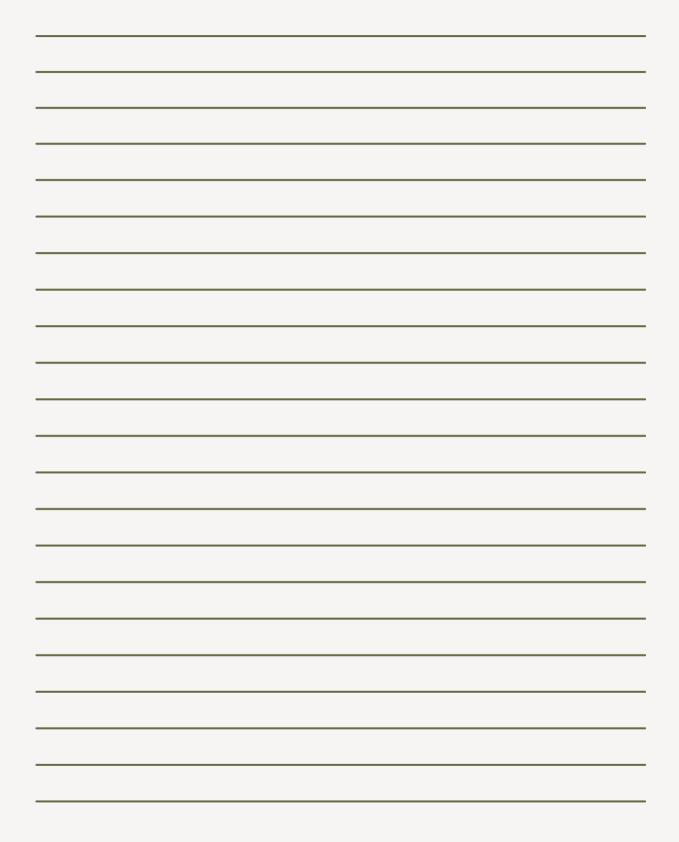


Consider a time when you contributed to a team's success. What role did you play, and how did it feel to celebrate that success together?



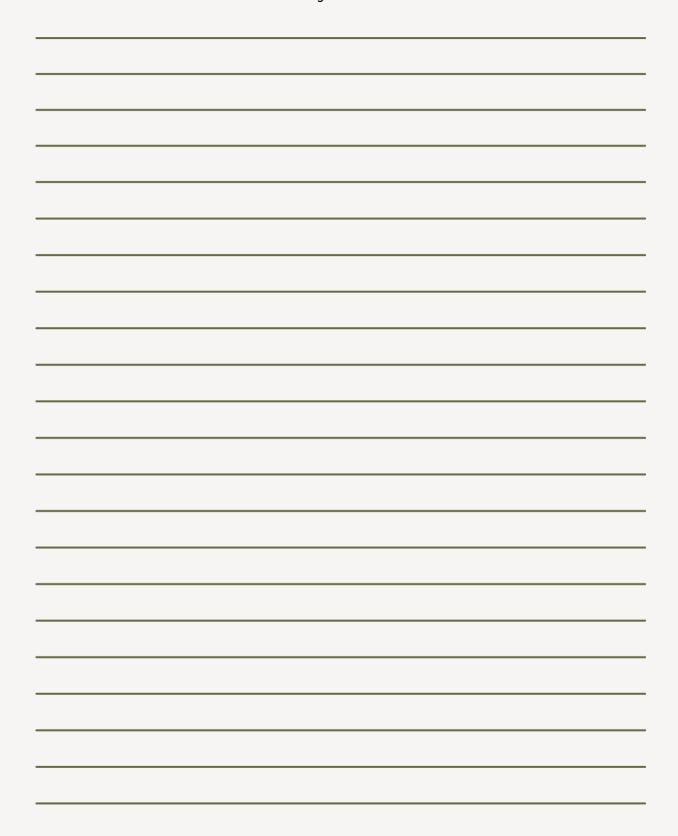


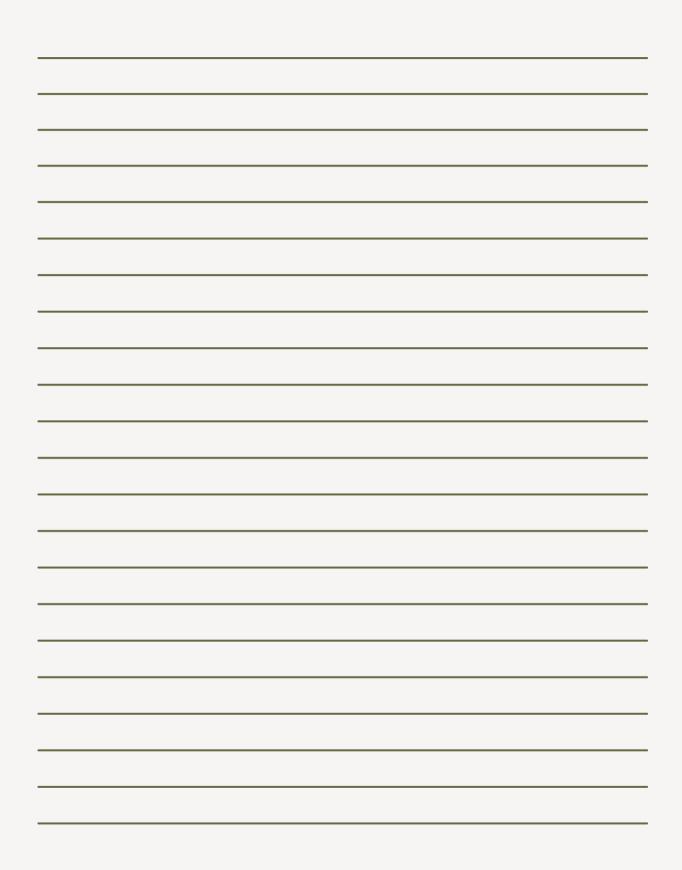
Recall a moment when you felt challenged by a colleague's perspective. How did you handle the situation and what did you learn?





Reflect on the significance of representation in corporate spaces. How does seeing other black women in leadership roles inspire you?





Write about a personal strength that has helped you navigate your career. How did you develop this strength?

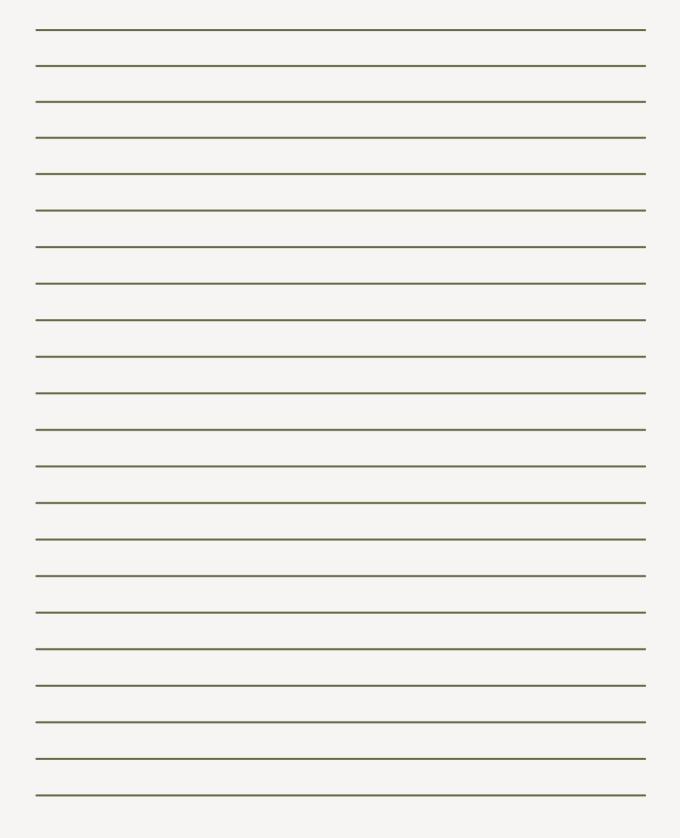


Think about a time when you had to make a difficult decision at work. What guided your decision-making process?





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?

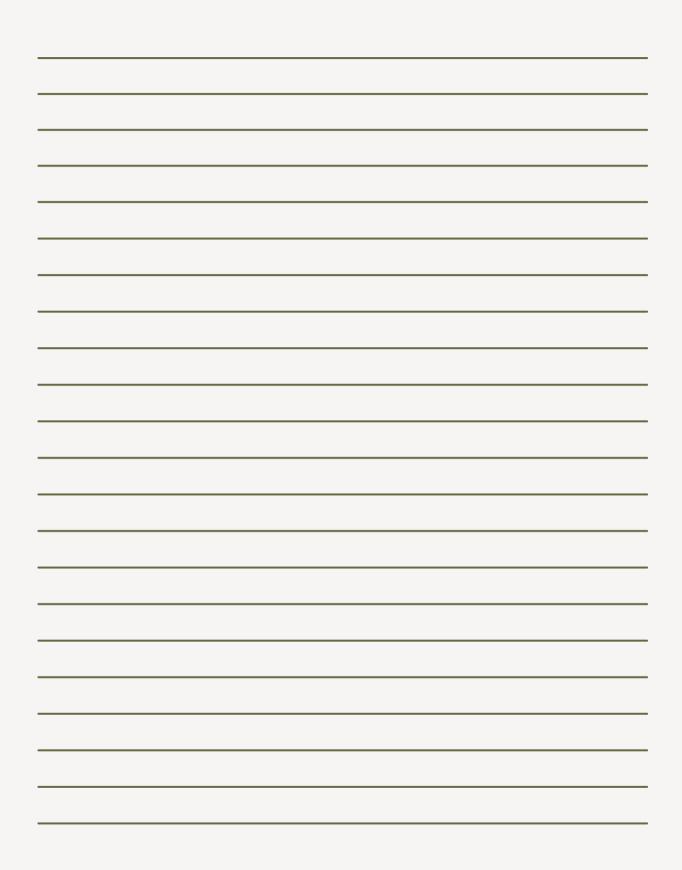




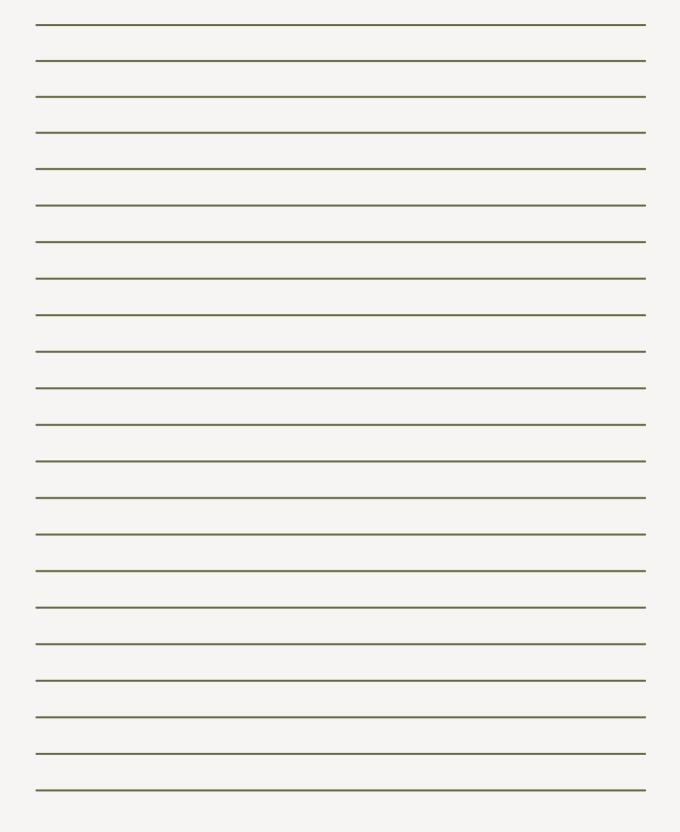
Reflect on the impact of community and networking within your professional journey. How have connections with others propelled you forward?



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?



Consider a moment when you felt you truly belonged in your corporate space. What factors contributed to that sense of belonging?

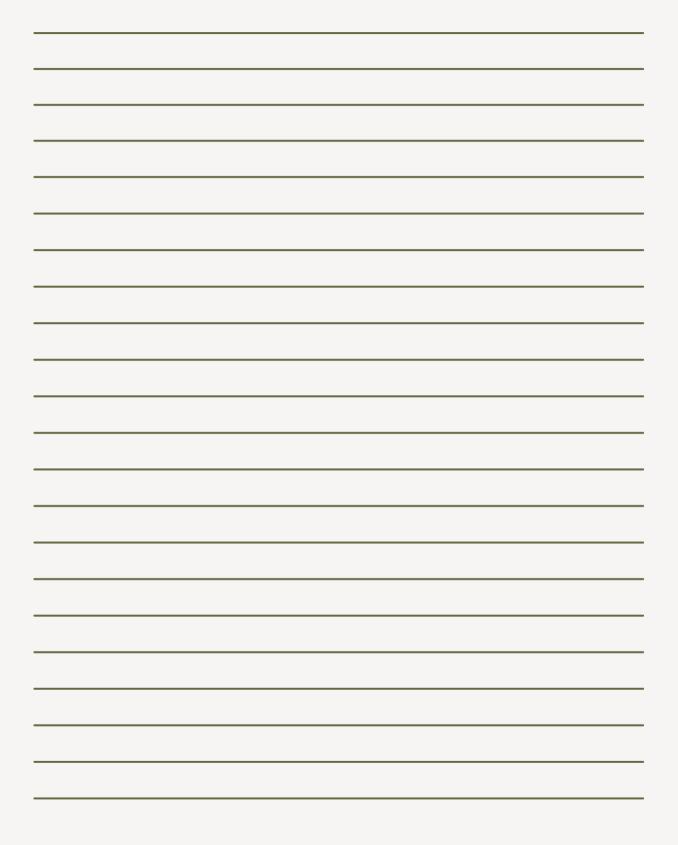




Recall a time when you used a failure as a stepping stone. How did that experience shape your approach to challenges?



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



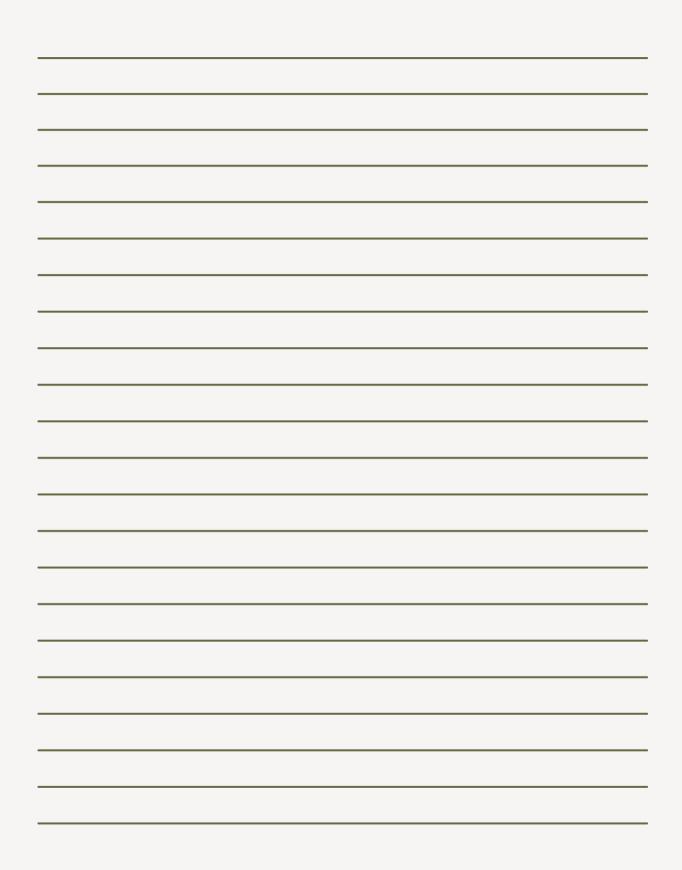


Write about a moment when your creativity solved a problem at work. What inspired your creative solution?





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



Describe an instance when you received constructive criticism. How did you use that feedback to grow?





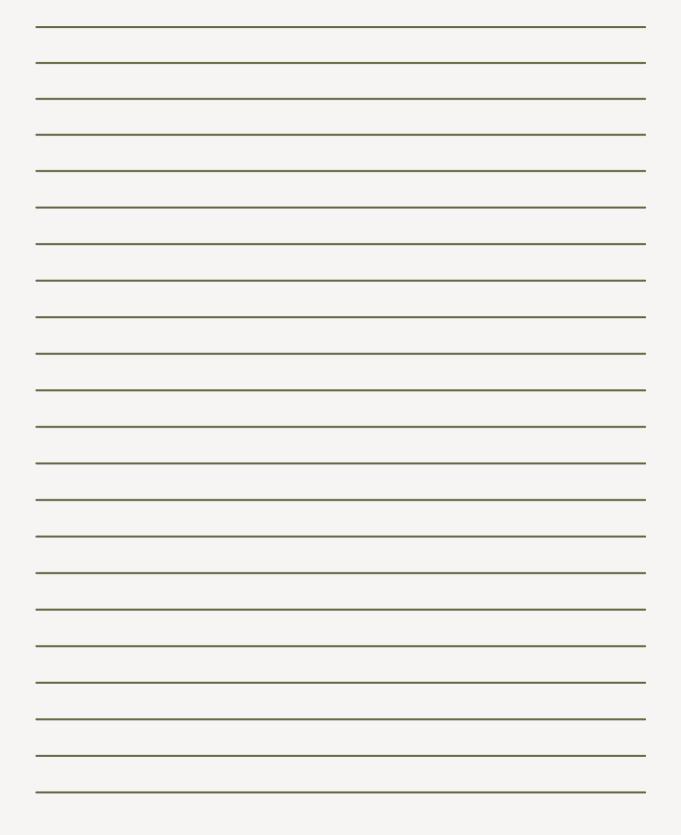
Reflect on a goal you've set for your personal growth. Why is this goal significant, and how will achieving it impact your life?



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

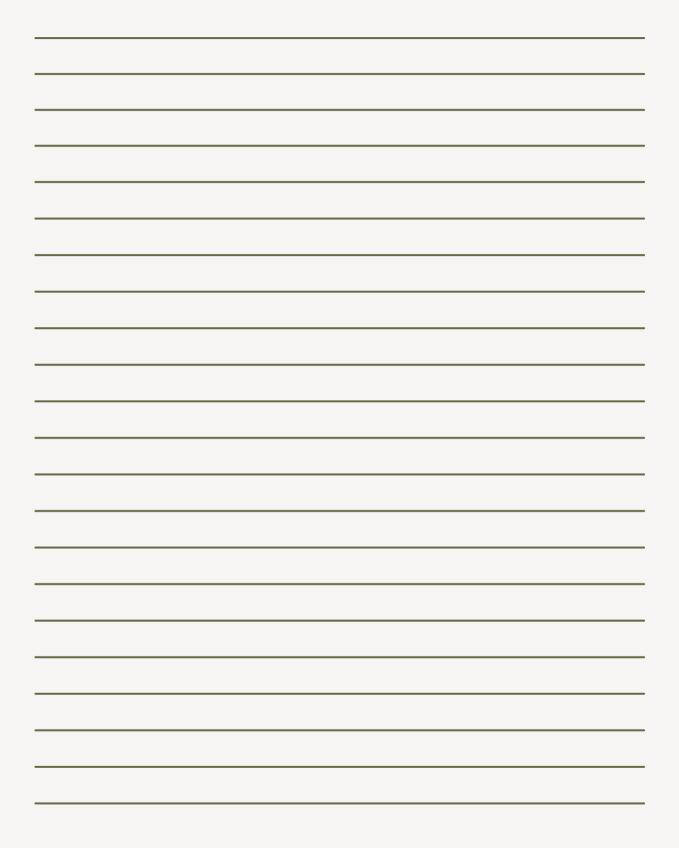


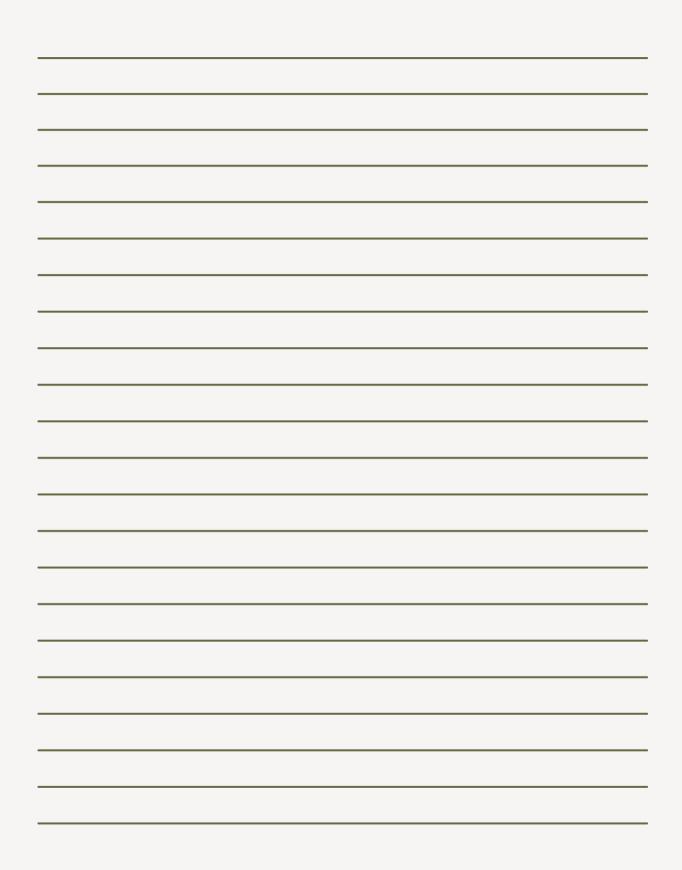
Consider a moment when you felt proud of your cultural identity in a corporate setting. How did you celebrate or share this aspect of yourself?



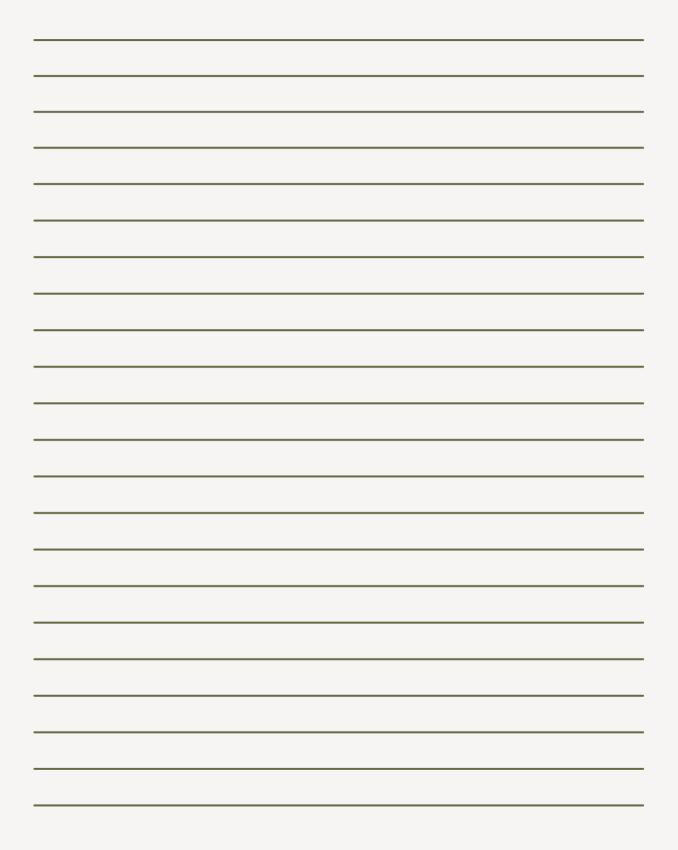


Recall an instance when you felt overwhelmed by work. What strategies helped you regain your balance?



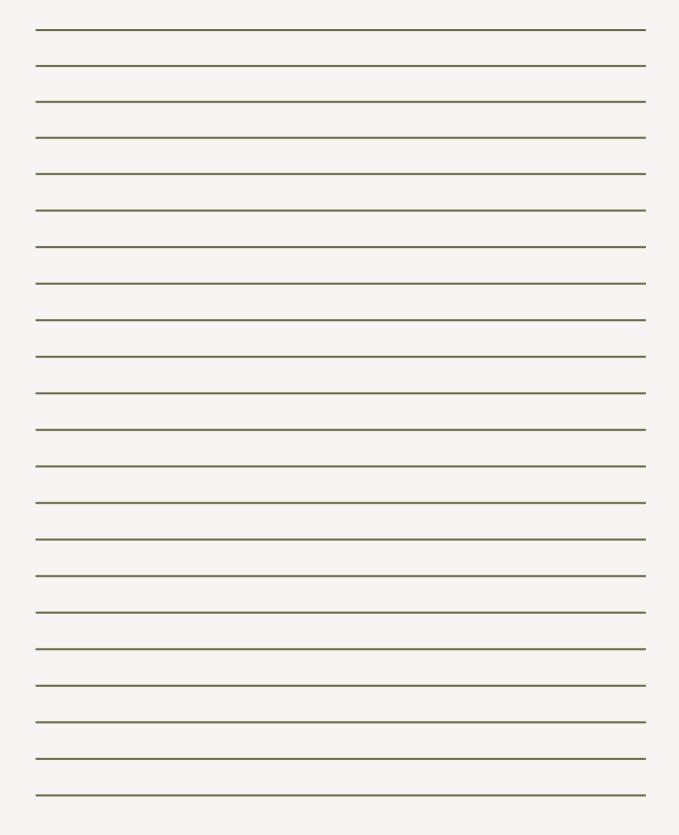


Reflect on the role of resilience in your career. How has being resilient helped you overcome obstacles?



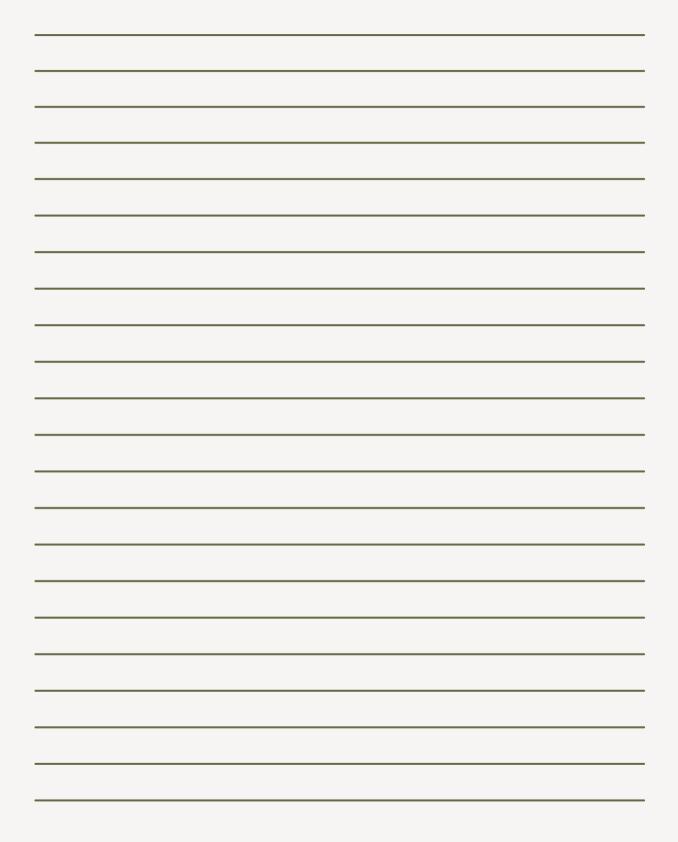


Write about a time when you contributed to fostering diversity and inclusion at your workplace. What motivated you to take action?



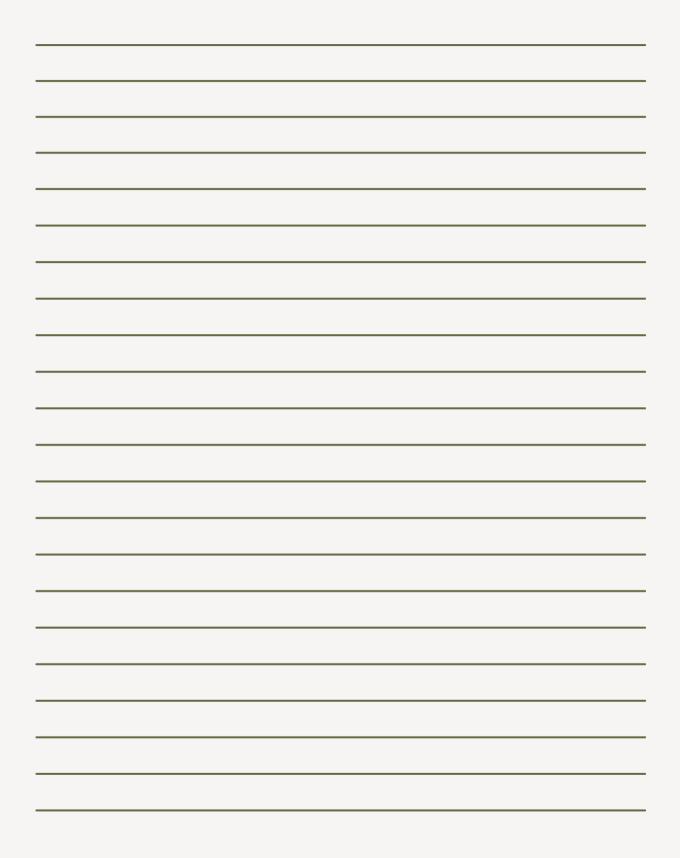


Think about a piece of feedback you received that was particularly meaningful. How did it impact your approach to your work?



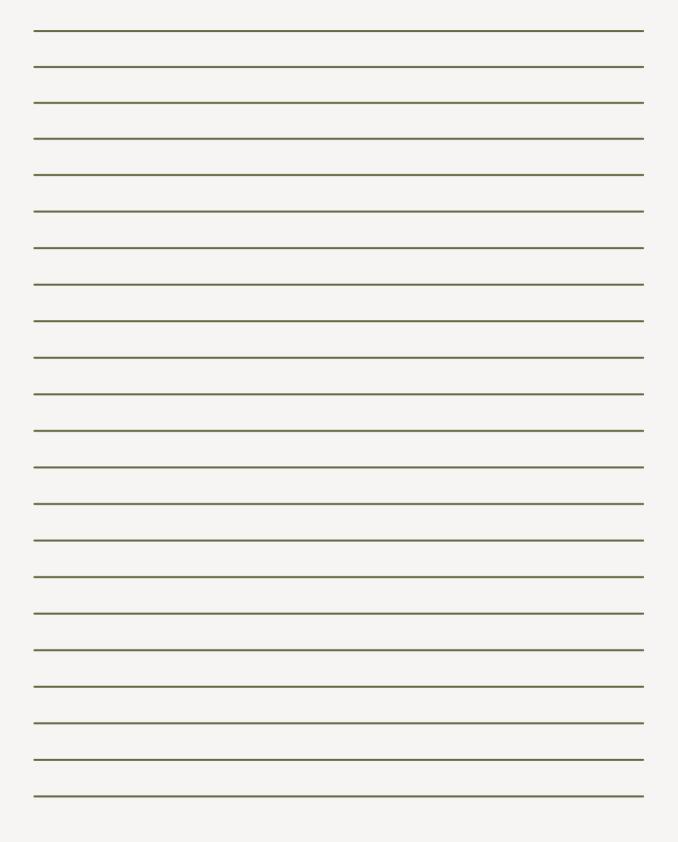


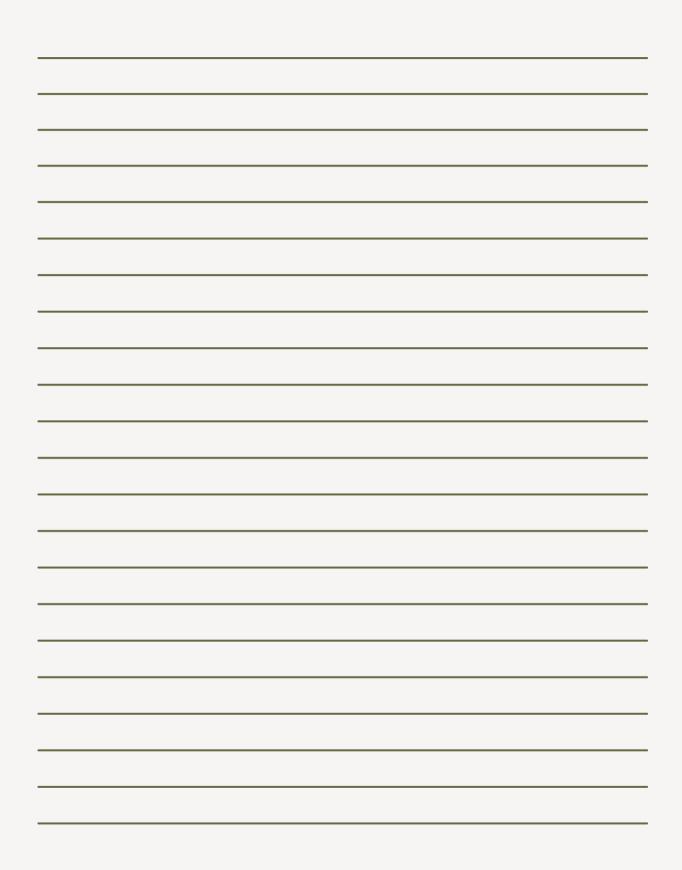
Describe a moment when you took a risk at work. What was the outcome, and would you do it again?





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

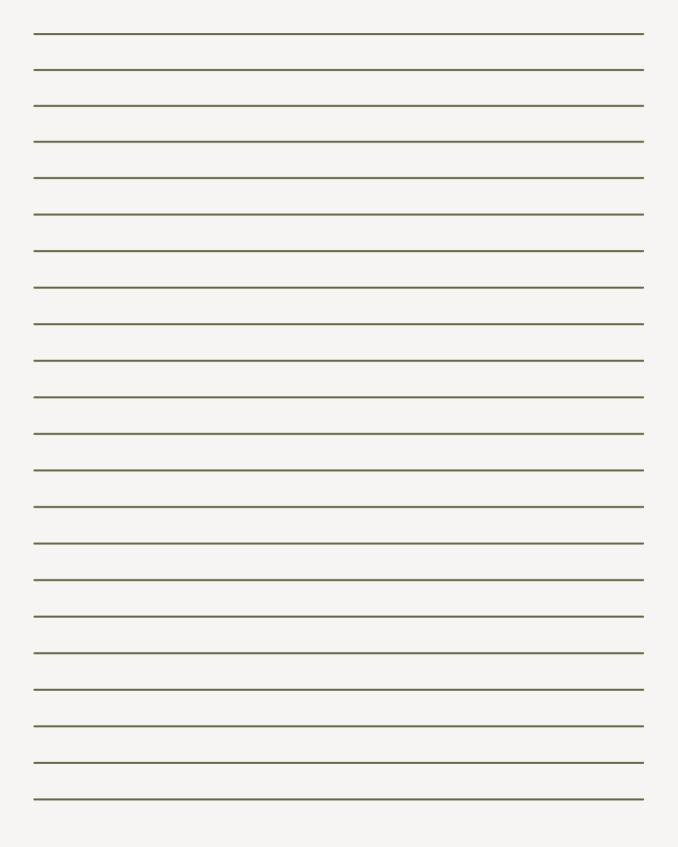




Write about an instance when you felt recognized for your hard work and dedication. How did it motivate you to continue striving for excellence?

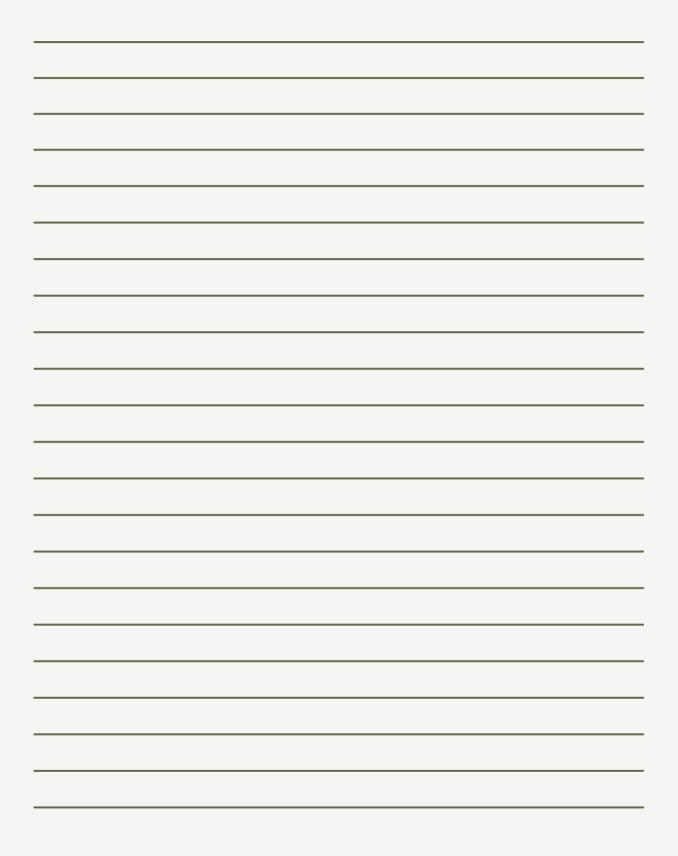


Consider a time when you had to collaborate with someone very different from yourself. What did you learn from that experience?





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



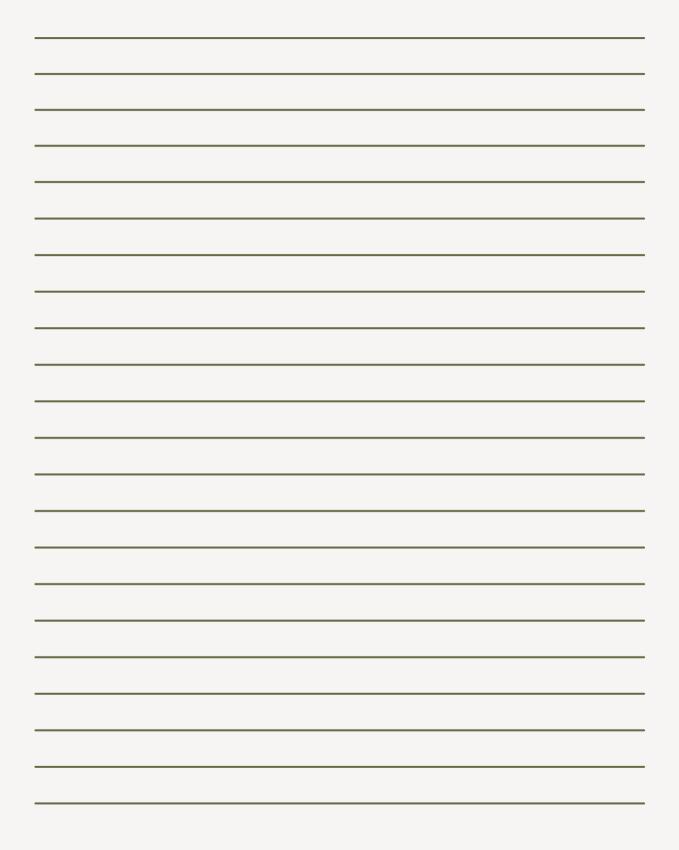


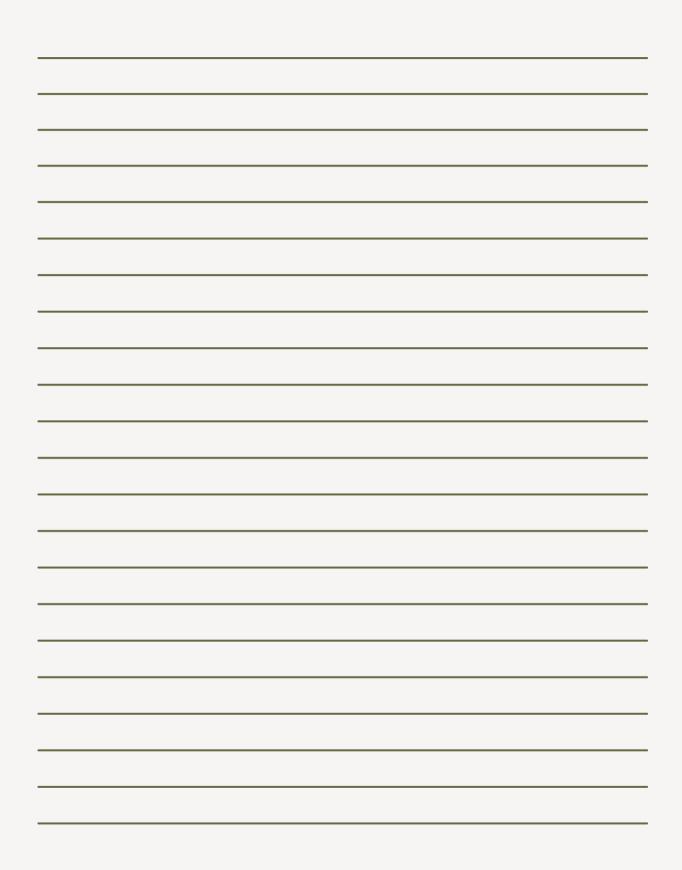
Reflect on the importance of mentorship in your career. How has being a mentor or having a mentor shaped your professional journey?





Write about a time when you had to navigate change within your organization. How did you adapt to the new circumstances?



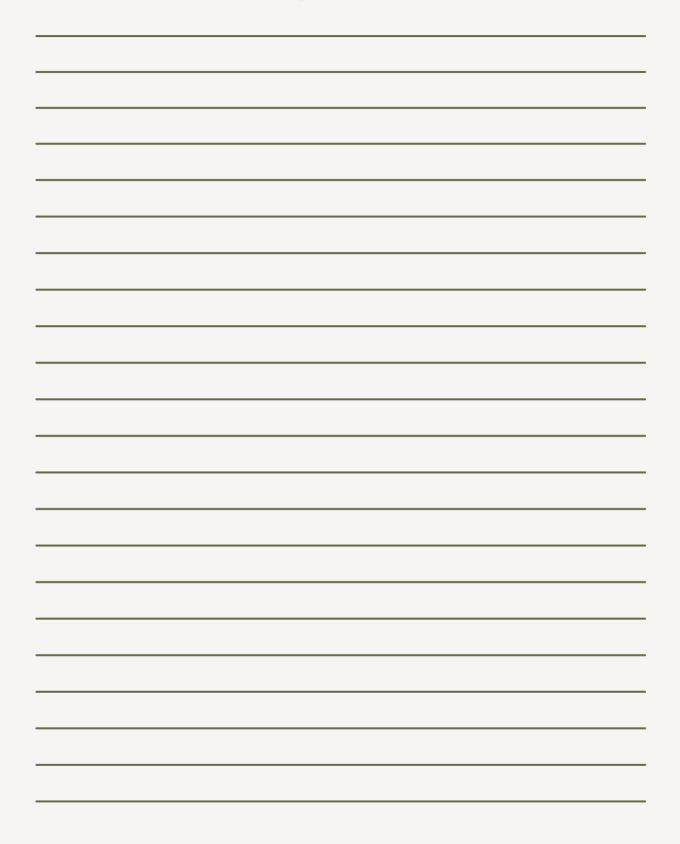


Think about the significance of lifelong learning in your career. What are you currently learning, and why is it important to you?





Describe a moment when you successfully negotiated for something you wanted at work. What negotiation strategies did you use?





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?









