



AURELIAN COACHING PRESENTS

Journal Prompts for Managing Your Career After a Loss

Manage Your Career
with Command and Grace

WorkingWidow.com



Record your thoughts.
Gain some perspective.
Discover your own insights.
Make sound decisions.

THE "FOG" OF GRIEF CAN
INHIBIT OUR ABILITY TO
PERFORM IN OUR JOBS

It is important to create a space where
discovery and awareness can put us on a path
to feeling more in control.



Journal Prompts

Apply specifically to your career or life in general

Some major challenges and past losses were...
... and I overcame those challenges with my strengths by...

My preconceived notions about grief were...
... and how grief manifested for me in reality was...

I made it through yesterday/today, and I am grateful for...

While I feel unequipped/worried/anxious/guilty about _____,
it is also true that _____.

What I need most right now is...

The most precious memory I have of my loved one is...

I learned from my loved one that...
... and I can apply that lesson in my life in this way...

I didn't just lose my loved one, I also lost...

I am capable of...



Ways I can take care of myself today...

Ways I can take care of myself that seem out of reach for now, but will keep an inventory of for a time in the future when I might be able to make use of it...

The following things make me feel at peace...

I have changed in these ways...

I can look forward to...

I hope to learn in the future...

When someone asks me in a genuine, caring manner about my loved one, I will tell them...

My grief has evolved or changed in the following ways...

My own personal stages of grief went like this...

I might like to manage my grief differently in the following ways...

If my loved one were still alive, they'd give me the following advice...
... and one way I can try to follow that advice is...



A memory is an experience. A collection of experiences lends expertise and wisdom. Based on my collective memories of my loved one, I have wisdom to share about...

Three words that captured my identity before my loss were...
... and three words that capture my identity right now are...

If I could grow another heart within me that was reserved only for memories and lessons from my time with my loved one, what would that heart hold?

With my existing heart no longer bursting at the seams by the things that my second heart preciousy carries with me all the time, my existing heart could refocus on...

If I were to teach others the lessons I learned about grief, I would tell them...

Here are the things I wish people knew about being around someone who had a loss...

I am a person who...
... and I am also a person who...
... and I am also a person who...
[keep going!]



The last time I saw beauty was...
... and today I will look for beauty in...

It is possible to feel many things at once.

I feel sad, and ____ and ____.
I feel brittle, and ____ and ____.
I feel worried, and ____ and ____.
I feel grateful, and ____ and ____.
I feel relieved, and ____ and ____.

[It's 10 years into the future. You bumped your head,
and you don't remember the previous 10 years.]
What would those around me say about how I am doing, who I am?
(A concept borrowed from Liane Moriarty's What Alice Forgot)

Who would I like to be in the future?

I am generally tough on myself in this way...
... and one way I can show myself some grace is...

Sometimes my loss feels like a tragedy, a tragic event.
Am I continuing to live out a tragedy?
In what ways am I doing so, and in what ways am I not?

What is a healthy version of myself...
... physically?... mentally?... emotionally?... socially?



I remember the last time I smiled.
Was it... genuine?... rueful?... for someone else's sake?

How would I like to smile going forward in my days and weeks?

What is my smallest comfort in a challenging time?
My biggest comfort?

Acceptance, to me, means...
Resistance, to me, means...

Is hope a useful or useless emotion for me now? Why or why not?

I am confused about...

If I received a letter from My Future Self, giving me comfort,
what would that letter say?

Some would say that my greatest talent is...
... and I can leverage that powerhouse talent today in this way...

What a marvel the human body is!
My body has nurtured, protected, and helped me by...

I would consider tomorrow a good day if...
... and one thing I might do to help it along is...



These songs have usually lifted me up and made me smile...

I am making my loss mean the following...

... about my loved one (he was too young, she abandoned us)

... about myself (I should have done more, I'll never marry again)

... about my circumstances (I am now alone, no one can help me)

Are there any lines of thought, tendencies, behavior, or inaction
in this time that are not really serving me?

Are there any habits that I have today that are harmful
to my mind, body, or spirit?

If I could be sure there were no negative repercussions
and no judgment, I would...

How do I best recognize and receive love?

What is my "love language"?

I can recognize and acknowledge how these people showed up for
me and supported me in the ways they knew how, even if it wasn't
perfectly what I needed at the time...

I'm tired or exhausted in these ways...

... and if anything has energized me, it has been the following...



Here are the things I don't want for my future or my family's future...
Here are the things I do want for my future or my family's future...

These are things I know I should do, but cannot do right now...
... yet I recognize that I am capable of figuring it out over time.

One small grace I experienced was...
One huge grace I experienced was...

These are some ways I can give myself more grace...

Because of my experience with my loved one, I...

[Imagine you have an Inner Coach, someone in your mind who
always has your back and always knows what's best for you.
This person has your best interests at heart, without exception.]
In my challenging times, what does my Inner Coach say to me to
comfort me, or motivate me, or inspire me?
(A concept borrowed from Tara Mohr's *Playing Big*)

I define community as...
... and I have community in my life in these big or small ways...

This was the most unexpected thing about my loss...
... and this is the skill that I would need most to manage it...



My loss made me feel broken in some ways, and as I put myself together, I would like the new version of me to be...

If I felt totally comfortable showing up as myself authentically and not putting others' comfort as a priority, this is what that would look like...

These are the uncomfortable situations or conversations I avoid...
These are the uncomfortable situations or conversations I accept...

Thank goodness for...!
... or else, I would have to...

I have a grief bucket list. As a result of my loss, these are the things I'd like to experience, do, feel, or cherish in the future...

There might have been times when I acted poorly. While grief makes many outbursts and other behavior completely understandable, if I want to apologize and atone for my behavior to reinforce meaningful relationships with those I care about, I know I can do so in these ways...

I love these three things about myself...



Nicole Coustier, founder of Aurelian Coaching and the Career Prime Programs, is an expert career strategist and life coach, helping mid-career professionals surface their powerhouse talents in order to learn how to talk about themselves well, network in an authentic way, and position themselves ideally for new opportunities.

In her life coaching practice, she also serves the widow community, helping those suffering a staggering loss to find balance. Nicole teaches clients to adjust the lens through which they process information and take action in their careers. She is a member of this community, and shares her strategies and lessons for managing a high-profile career after the death of her husband in 2017, while raising their young - and ahem! very opinionated - daughter.

While in industry, Nicole coached and mentored others to success. Now as the founder of her own practice, she continues to coach great people into even greater situations.

For more information on coaching programs,
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