

The Career Journal

Ten weeks of building the receipts nobody else will keep for you.

INTRODUCTION

Your career deserves a paper trail.

Most people leave their career to memory and vibes. Then review season arrives and they can't remember what they shipped in March.

This journal is a receipts box. Every week you'll capture wins, feedback, blockers, and the questions you're too embarrassed to ask out loud. In ten weeks you'll have the raw material for a raise conversation, a résumé refresh, or a clear-eyed exit.

Pair it with the Your First Real Paycheck guide for the compensation side.

WEEK 01 · REFLECTION

What did I ship this week that I want to remember in six months?

Be specific. 'Launched X' beats 'worked on X.'

WEEK 02 · TRACKER

Weekly wins

DAY	WIN	WHO SAW IT
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

NOTES FOR THE WEEK

WEEK 03 · CHECK-IN

Weekly check-in

What did I do this week that only I could have done?

What did I do that anyone could have done — and should have?

What do I want next quarter to look like?
