THE EARLY SHOW

BRAND NEW DAY

The thought of changing a job jor career may create feelings of anxiety. But the transition does not have to be traumatic. By simply jotting down your feelings on paper, you will find it easier to come up with possible solutions one step step at a time and create long-lasting changes. Let the following questions guide you along the journey one day at a time.

What I Think About Myself Today

What I Think About Work Today

What Are My Job Goals For Today?

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My Plan to Reach These Goals

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