



# Get Me Out of the Job Journal

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[www.getmeoutofthisjob.com](http://www.getmeoutofthisjob.com)

This journal is designed for you to capture your thoughts after reading each chapter. Let's be intentional about doing the work to change your professional journey.

## Chapter 1: Ask For What You Want

Now that you have read this chapter, take a few minutes to write what you want out of your career. Use this section to make your request known to God. Before you begin to write, visualize your career and ask God for what you want. This is the first step in your faith journey.

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## Chapter 2: Understanding Your Purpose

What is your purpose? What is that one thing that you would do if money didn't matter, or you would do for free?

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Do you feel happy with what you are currently doing in your career? Please explain.

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Do you feel you are doing what God, (as you understand the divine) would have you to do with your life?

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### Chapter 3: Write the Vision

How do you envision your career outlook?

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Write down words of affirmations that you will post or review every day?

I am.....	I am...
I am...	I am...
I am...	I am...
I am...	I am...

What will you put into action within the next 30-day to change your career?

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What would you say if someone said, Tell me Something about Yourself? This is a very brief statement where you get the opportunity to talk about your current position and what you would like to do. *Grab a piece of paper to complete this sections.*

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#### **Chapter 4: Pregnant with Purpose**

What is the biggest dream you have for your career?

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Write out your professional goals that will assist you in reaching your dreams. Any goals you keep in your thoughts will remain a dream. Once you write it down, it becomes a goal.

<b>Professional Goals</b>	<b>Completion Date</b>
1.	
2.	
3.	



**What does it mean to have G.O.A.L.S?**

**G-Go after what you want, and don't stop until you get it.**

What do you want to go after?

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**O-Overcome any obstacles that may hinder you.**

What obstacles do you need to overcome that is stopping you for for-filling your goals?

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**A-Align yourself with link-minded people when sharing your dreams.**

Who are the people in your life that you need to align yourself with?

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**L-Learn your craft and be the subject matter expert in your space.**

What are the areas that you need to learn more about to be the subject matter expert in your space?

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**S-Strive for success.**

What does success look like for you?

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**Chapter 5: It's All a State of Mind.**

What negative thoughts do you have about yourself that you need to throw-away, that is stopping you from reaching your professional goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Turn the above negative thoughts to positive affirmations.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Your Contract to God

How do you write a Contract to God? It's simpler than you might think. Think about your next job and complete the below questions:

- **First**, write down the title of the position you desire. Be specific.

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- **Second**, briefly explain the type of position you want. Let God know what you're looking for.

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- **Third**, set your salary expectations. Include a range and any potential bonus structure.

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- **Fourth**, mention where you'd like to work. Identify a specific company if you have one in mind.

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- **Fifth**, specify the location—city and state.

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- **Sixth**, consider the benefits you need—medical, dental, vision, childcare, you name it.

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- **Lastly**, describe the kind of work environment you desire. If working around fellow Christians is important to you, put it down.

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Once you've written down your requests, sign, and date it and place it in your Bible. Have faith that God will make it happen. You might not know when or how but trust in His perfect timing.

Let me tell you, my friend, that writing a Contract with God works wonders! It's like putting your desires in writing and partnering with God to make them a reality.

### **Chapter Six: Waiting for Confirmation**

While waiting on God, write a prayer and ask God for guidance.

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Write out a scripture in the bible that speaks to your heart that you can stand on and believe will happen in your career journey.

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Sowing a seed will meet any need. Pray and ask God, who you can be a blessing too and how you will bless them while waiting on your breakthrough.

1. 

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2. 

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3. 

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**Chapter 7: He's Right on Time**

Think about the time God showed up unexpectedly, for you in a way that confirmed that he was listening when you prayed.

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Think about the consequences, when you decided to do things your own way and moved ahead of God. What was the outcome?

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How did it make you feel?

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### **Chapter 8: Does Your Resume Say “Hire Me!”**

When drafting your resume, list your professional qualifications, that highlights your strength:

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**Think about your professional accomplishments. List the things that you were acknowledge and celebrated for. Start with your current position. This is a subtitle that is placed after your job description.**

- Current Position

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Previous Position/s

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Last Position

- \_\_\_\_\_  
\_\_\_\_\_

**In your Cover Letter, what would you want to highlight about your career?**

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### **Chapter 9: Be Interview Ready**

Are you prepared to answer behavioral based interview questions? Practicing is so important to the flow of the conversation. Write out the answer to these questions.

1. Tell me something about yourself. Keep in mind you only share professional information and nothing personal. They really don't care if you are married or have children.

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2. What is your salary expectation? What would you say?

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3. What is your professional strength?

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4. What are your opportunities of Improvement also known as your weakness?

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5. Why should a company hire you. This is an opportunity to toot your own horn of success.

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## Chapter 10: Look Like a Boss

How do you envision your interview attire?

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Think about a time you felt your best. What were you wearing and why did it make you feel amazing?

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## Chapter 11: Your Dream is Answered, Now What?

What are major questions, you feel are important to asking the Recruiter/Hiring Manager?

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What is your professional worth and why? What is your salary expectations?

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Have you ever declined an offer because the salary was to low? How did it make you feel saying, no thank you I decline your offer.

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### **Chapter 12: I Got the Job!**

How did it feel when you got your dream job?

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Was there anything you would have done differently when you accepted the offer, that you won't do again?

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What would you say will be your ultimate dream job that you believe that only God can make that happen?

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### Chapter 13: Surviving Probation

What are the tools needed for you to survive the probationary period? Think about what you would do differently for it not to be stressful.

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What would you do to connect with your new leader and teammate?

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Life, Work, Balance is so important when starting a new position. What tools will you use to be successful in your new position when juggle the role of a spouse, caretaker, parent, or friend?

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Thank you! I pray this journal has allowed you to think about your next move in a way for you to be intentional about how you prepare for your next job opportunity.

Go forth and be great. You got this!