

Write a journal:

(Adapted from: <http://www.mhconsumer.com/2014/04/15-journal-prompts-to-increase-self.html> and <http://psychcentral.com/blog/archives/2014/09/27/30-journaling-prompts-for-self-reflection-and-self-discovery/>)

Some ideas for you to get started

1. The words I'd like to live by are...
2. I couldn't imagine living without...
3. When I'm in pain — physical or emotional — the kindest thing I can do for myself is...
4. Make a list of the people in your life and career who genuinely support you, and who you can genuinely trust. (Then make time to hang out with them.)
5. What does professional support look like for you?
6. I really wish my peers knew this about me...
7. Name a compassionate way you've supported a co-worker recently. Then write down how you can do the same for yourself.
8. "Write about a time when work felt real to you, necessary and satisfying.
9. Using 10 words, describe yourself.
10. What's surprised you the most about your life or life in general?
11. What can you learn from your biggest professional mistakes?
12. I feel most energized at work when...
13. Make a list of everything that inspires you to keep working
14. Make a list of everything you'd like to say no to
15. Make a list of everything you'd like to say yes to

Some questions you can answer in your journal:

1. What professional relationships matter the most to you? How can you maintain and improve them?
2. How have your career changed and grown in the last year? Since the last deployment?
3. Do you have any strategy to manage your depression/anxiety/stress/other symptoms.
4. What is one thing you can do to improve yourself today? This week? This month? This year?
5. Write about a country or someone whose life you have changed for the better.

6. What healthy habits do you have? What areas can you improve in?
7. What are things you can do in 15 minutes or less that improve your mood? How can those around you help?
8. When was a time you felt content? What made you feel that way and how can you regain that feeling?
9. What do you want your life to look like next year? In five years? In ten years? What would you like your career to be like next year? In five years? In ten years?
10. How do you handle rejection/fear/grief/other emotions? How can you be more prepared for those times in the future?
11. Write about a professional accomplishment you are proud of and what you did to get there. How can you use those skills in accomplishing other goals?
12. What memory do you cherish the most? How did that time impact your life?
13. Who is someone you trust and can confide in? How can you be like this person for someone else?
14. What do you uniquely offer to this world and your country? How can you use this to improve your surroundings?