

Daily Progress Checklist

CAREER *insight* STUDIO

Target Date: _____

Did I make progress on something meaningful today?

What felt easy or energizing? What felt stuck?

Did I receive support or encouragement? Did I offer any to someone else?

My top three places to create forward motion tomorrow:

1

2

3

Do I have what I need in terms of time, clarity and resources to take that step?

Who can support me?