

EXERCISE



Journaling and Experience Sampling

Purpose: Deepen self-awareness and identify patterns in your daily work and life experiences. The act of observing your daily work provides insight into what energizes or drains you.

“Keep a careful record of what you did each day and how you felt about it. This is what the Experience Sampling Method accomplishes. It is possible, after a week, to have a good idea of how you spend your time and how you feel about various activities.”

- Mihaly Csikszentmihalyi, *“Creativity: The Psychology of Discovery and Invention”* (2013)

Instructions:

1. For two weeks, keep a journal or use a notes app to log daily work and life activities.
 - List of major daily activities and experiences
2. At the end of each day, reflect on:
 - What was the most energizing part of your day? What engaged you? What filled your cup? When was time flying by?
 - What was the most draining part? What sucked your energy?


3. After two weeks:

- Review your entries for patterns
- Use these patterns to revisit and refine your Career Mapping insights and takeaways from Exercise 1 on page 2

Reflections:

- What trends do you notice in your energy levels across different activities?
- How do these observations align or misalign with your current career path?
- What adjustments could you make to prioritize more energizing activities?

OUR NEXT COHORT STARTS ON FEBRUARY 11, 2025



Reimagine Your Career: A Playbook for Designing Your Next Act

Women in mid to senior-level roles in tech are managing feelings of isolation and loneliness. It's a struggle to navigate the demands of intense careers while also cultivating a fulfilling life outside of work.

Lift Up Connections provides the peer community support, guidance, visioning, and leadership expertise to bring your whole self to your work, reimagine what's possible, and cultivate your authentic voice.

Next cohort begins on February 11, 2025

A promotional banner for a cohort. On the left is a portrait of a woman with shoulder-length brown hair, wearing a dark blazer over a black top and a necklace. The background of the banner is a dark teal color. To the right of the portrait is the title 'Reimagine Your Career: A Playbook for Designing Your Next Act' in white bold text. Below the title are two paragraphs of white text. At the bottom right is a blue rounded rectangular button with white text that says 'Next cohort begins on February 11, 2025'.

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