the

THE GLOW UP CAREER JOURNAL

A JOURNAL FOR PEOPLE WANTING TO LEVEL UP IN THEIR CAREER

WITH
MIKAH MILLER

IF ANY OF THIS SOUNDS LIKE YOU...

- You are bored and frustrated with your current job
- Or you constantly feel overworked and overwhelmed
- There is no excitement and you dread Mondays
- You feel stuck as hell!
- It feels like your career/business has stalled
- You are ambitious but struggle with self-motivation under your current circumstances
- You don't know what else you'd like to do or what to do next
- Or you have an idea of where you want to do but don't know how to get there
- You are struggling with job search

This journal is right for you! It will help you to:

- Remember who you are and reconnect with your vision and purpose
- Dream bigger and unlock your full potential
- Stop dreading going to work
- Get unstuck and unlock new opportunities for yourself
- Recognize and change thinking patterns that sabotage your success
- Grow and climb the ladder from a place of gratitude and clarity
- Develop work routines that make you feel happy and fulfilled
- And most importantly, Reveal the Glow Within!

HOW TO GET THE MOST OUT OF OF THIS JOURNAL

I recommend going through the whole journal once over a long weekend and then journal for 15 minutes per day answering one(1) question over the next 28 days. Keep reviewing how your answers changed over time, set the intention to take aligned action and trust that the process will call lasting change into your life.

MEET THE AUTHOR

Mikah Miller
(Entrepreneur Strategist)

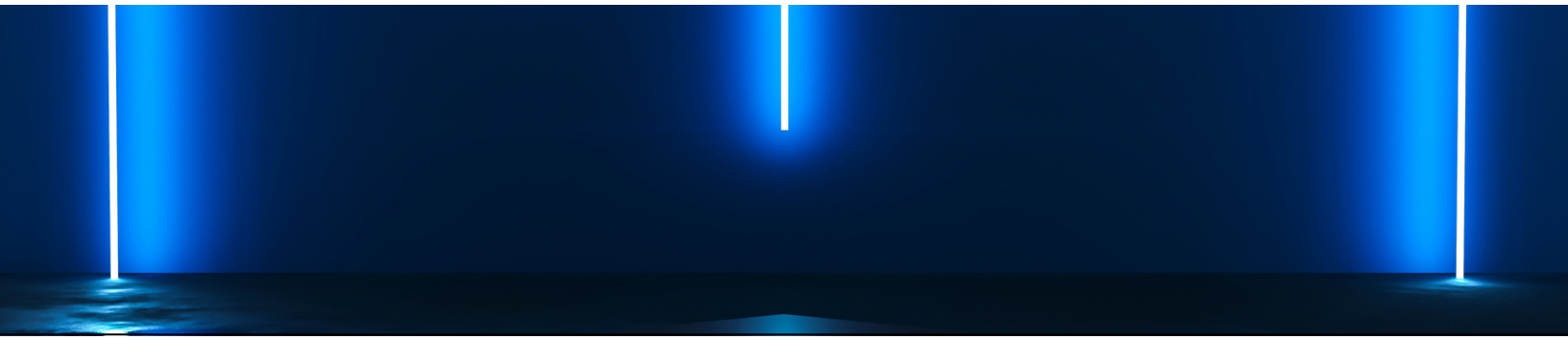
I turned my statistic into my SuperPower and now I help other Entrepreneurs and Aspiring Entrepreneurs grow their business from the inside out by learning how to face their subconscious programming, integrate their past, present, and future selves, Align, and GLOW!

THE DREAM

The only way to do great work is to love what you do. - Steve Jobs

PROMPTS

- If I could do anything at all for a job it would be ...
- Try to describe your ideal scenarios when it comes to workspace, colleagues, employees, working hours, work from home and work routines
- How much responsibility do you want? How much autonomy do you want to have when it comes to what you work and focus on and how you execute things?
- Do you want to manage people? If so, how many? How would you show up as a leader?
- When I think about changing careers I feel .... (write down your feelings then go through it again and ask yourself: Why do I feel like that?
- What do I want permission to become?
- After reviewing everything you wrote based on the previous prompts: How much would you like to earn? What do you think would be a fair compensation that makes you feel valued and appreciated and allows you to finance your ideal lifestyle?



© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

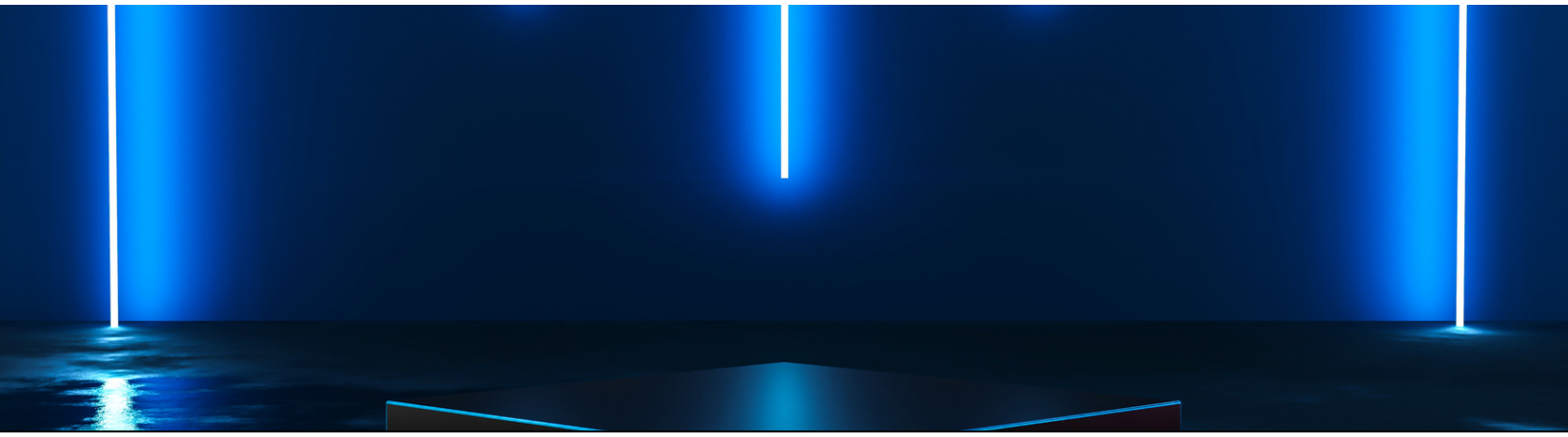
© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

THE POSITIVE

Once you replace negative thoughts with positive ones, you'll start having positive results - Willie Nelson

PROMPTS

- What do you like about your current (or last if you are currently looking for a job) position? Think of big things as well as the smallest details.
- What do others value about me? What comes easy and natural to me that others find challenging? What excites me and makes work go by fast?
- What have I done well in the past when it comes to work and my career? Where have I positively surprised myself and/or others?
- What are things I can do to recharge when I feel drained or burned out?
- When thinking of my ideal vs. my current work routine - what changes can I make to improve my current routines?
- Where can I ask for help or support? Is there something I could do significantly better if I had more training? Are there things I am not good at or that drain me and that someone else could do? Who can I talk to about that and how can I best address it?
- How can I bring and show more of my strengths? How can I support others better and show that I have what it takes to get to the next level?



© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

THE POTENTIAL

We'll never know our full potential unless we push ourselves to find it
- Travis Rice

PROMPTS

- Has there been a conflict or miscommunication at work? Have I done everything in my power to resolve it in a responsible way through the right channel/with the help of the right people?
- If I am completely honest with myself, have I already quit my job emotionally and checked out internally? If so, do I want to follow through with my decision and move on to a new job?
- If I am completely honest with myself, am I ready for the next level or are there areas I need to work on first? If so, what areas do I need to work on? What is the current state and where do I need to be to be ready for the next better opportunity?
- If I am completely honest with myself, would I hire myself? If yes, why is that? If not, why is that?
- If I think about myself as a personal brand - how do I want to position myself within my company and on the market? What are my values? What are my strengths and weaknesses? What combination of experience, talent, skills and character traits makes me unique?
- When have I last done an inventory? Is my linked in profile up to date? What would my potential dream employer find on my social channels? What does my CV look like?

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

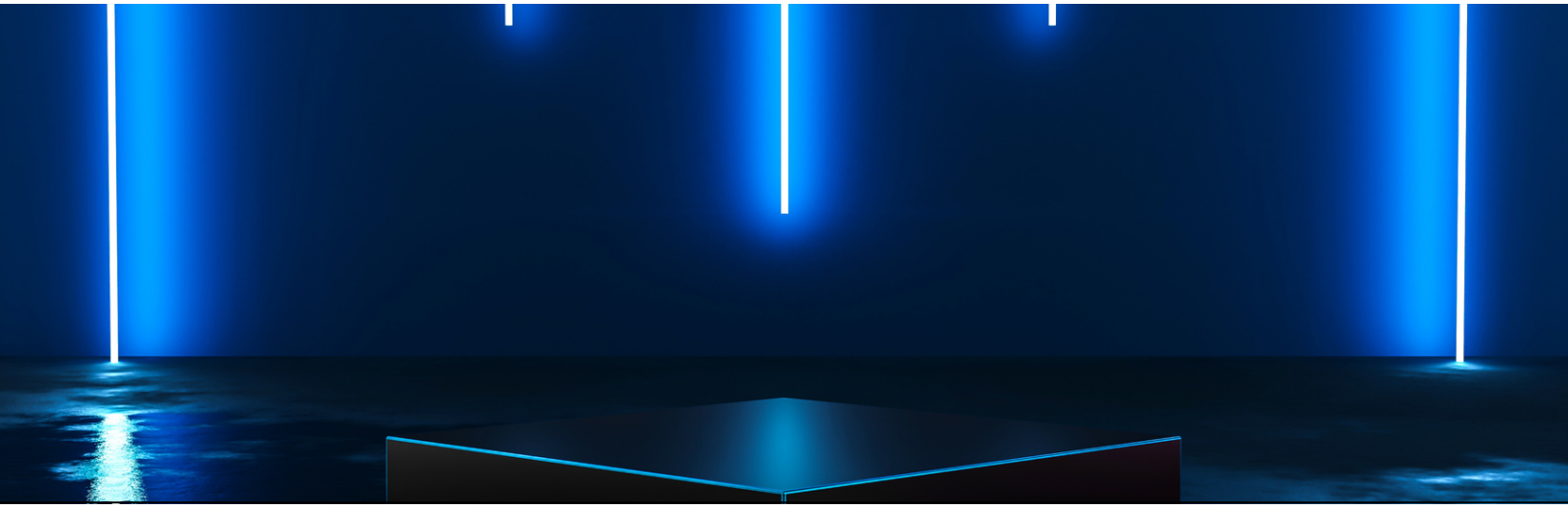
© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

THE NEXT STEPS

"A goal without a plan is just a wish." Antoine de Saint-Exupéry

PROMPTS

- What do I want my career to look like in one year? Five years? Ten years? Be as specific as possible.
- What changes do I need to make over the next 3, 6 and 12 months if I want to make my goals become a reality?
- What skills do I need to learn? How do I need to grow as a person?
- What resources do I have available to make these changes?
- Who can support me on this journey and hold me accountable?
- How can I make time for growth?
- What boundaries do I need to set at work and in my personal life to ensure progress?



© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

DATE:

© COPYRIGHT REVEALING THE GLOW WITHIN, LLC™ 2022 | ALL RIGHTS RESERVED

UNLOCK THE CODE!

Please email me and let me know your thoughts! info@mikahmiller.com.

If you enjoyed this workbook, you will love the this book!

Purchase a digital copy here:

OR ORDER YOUR COPY AMAZON