Dear Diary, I QUIT!

UNLOCK YOU COACHING

12 Prompts to Understand Why Work Feels Wrong

In my coaching work, one of the most common struggles I encounter is people who know they're unhappy at work but can't quite put their finger on *why*. What makes this even harder is that unhappiness can feel isolating. Looking around at colleagues who seem to be thriving, it's easy to wonder if you're the only one feeling this way. You're not.

Getting to the root of your work unhappiness is the essential first step. Without that clarity, it's difficult to know what needs to change — or whether anything needs to change at all. In fact, many people discover that the solution doesn't require leaving their job or company. Sometimes, understanding the problem is enough to open up paths forward that weren't visible before.

These 12 journaling prompts are designed to help you slow down, get honest with yourself, and start uncovering what's really going on. There are no right or wrong answers — only your truth.

If you find yourself wanting to explore further, whether that's reimagining your role, your career, or your relationship with work altogether, I'd love to support you. Reach out to me directly for additional resources or to explore coaching.

Journaling Prompts

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1. Describe your ideal Monday morning. How does it differ from your current reality?

2. What part of your workday do you dread the most, and why?

3. When did you last feel genuinely proud of something you did at work? What made that moment different?

4. Who at work energizes you, and who drains you? What does that tell you?

5. What were you hoping this job would give you — and what has it actually delivered?

6. How has working in this role changed you as a person? Are those changes ones you're proud of?

7. What would need to change at work for you to feel genuinely content — and how realistic is that?

8. Write about a recurring conflict or frustration at work. What's really at the root of it?

9. If you stayed in this job for another five years, how would you feel looking back?

10. What parts of your work align with your values — and where does it conflict with who you are?

11. What did you believe this career would mean for your identity, and how do you feel about that now?

12. What are you afraid to admit to yourself about your job situation?

Want to keep going?

An exercise like this often raises more questions than it answers, and that's a good sign. If something here stirred up a feeling you want to understand, a pattern you keep running into, or a next step you can't quite see yet, I'd love to help you explore it. As your coach, I'm a thinking partner who will listen, ask the questions that move you forward, and offer an honest perspective when you need one. Everything we discuss stays confidential. The first conversation is simply a chance to talk and see if we're a fit, with no commitment.

Contact	Reach out to me at danah@unlockyoucoaching.com