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EMOTIONAL
RESET
JOURNAL
PROMPTS

FOR WOMEN AFTER
A LAYOFF

5 Days of Reflection to Help You
Rebuild Emotionally After Layoff



Day 1



What did you feel on the day that
you were laid off?

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Day 2



What are your initial feelings
about this layoff?

Is there anything you're glad
that you no longer have to do?

What do you want to leave
behind as you move on?

What do you want to take with
you to your new chapter?

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Day 3



Who are you when you're not your job title?

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Day 4



What do you want to remember
that you did during this time?

What energizes you about the
job search?

What do you want to be true in
your next chapter?

What skills do you want to
build during this transition?

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Day 5



A year from now, what story do you envision yourself telling about this time in your life?

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