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Maxx Your Career Workbook

This is your personal Maxx You workbook to continue to go after the life you've always wanted! Use it to celebrate the work you've accomplished towards your **most authentic, unapologetic self.** Whether you want to go all in on a side hustle, take your creative expression to the next level, or anything in between, T.J.Maxx is here to help you get started.

Expand your professional network and discover ways to pursue your career goals even if things are holding you back.



Natalie Borneo

Senior Director of Program Operations at Dress for Success Worldwide



Sophia Casey, MCC

Executive Life Coach & Mentor Coach, Chief Learning Officer ICL

It is a wonderful thing when women support women. Now that you've gotten a glimpse into techniques to Maxx Your Career, keep the learning and growing going. It all begins with clarity and self-awareness around what you desire for your life. Use this worksheet to reflect on the workshop discussion, and revisit your values and career aspirations. Remember to include accountability structures (people and non-people) you can tap into as you create your career toolkit of resources to support you along the way.

Career Affirmations & Prompts

Here are a few prompts to help you brainstorm where you are currently in your career journey and where you desire to be. Begin with the affirmation, then journal your responses to the prompts.

Affirmation: I am special in many ways and I value my unique qualities.

Prompt: The unique qualities I have are: _____
_____.

Affirmation: Everything I desire for my career aligns with my values.

Prompt: What I value most in my career life is: _____
_____.

Affirmation: The more I release what does not serve me, the more room I create for abundance.

Prompt: When I think about my career aspirations,
what I will stop is: _____.
What I will do more of is: _____.

Affirmations, mantras, and quotes can be very supportive as you create your career toolkit. What are some that you would add to your toolkit to inspire you to keep moving forward? Here are some favorites shared by our Maxx Your Career family:

Positive self-talk is powerful! - Natalie Borneo
The work works! - Sophia Casey

More affirmations, mantra, or quotes that support my career growth are:

_____.

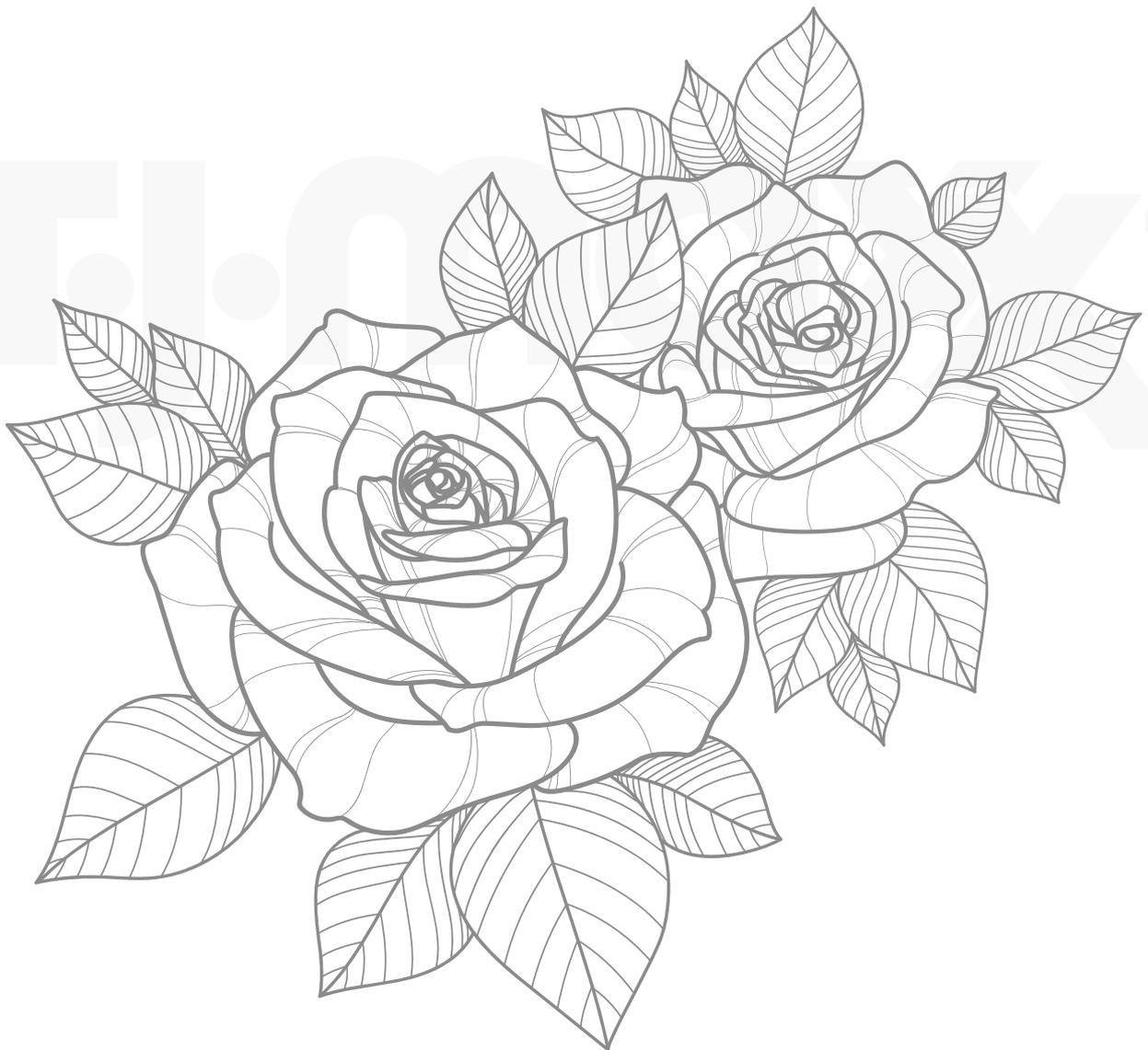
Career Resources

List career assessments and tools to add to your career toolkit. Some helpful resources to get you started are:

Dress For Success Career Tools (dressforsuccess.com)
Character Strengths Assessment (VIA Institute)

Your career is like a garden. It can hold an assortment of life's energy that yields a bounty for you. You do not need to grow just one thing in your garden. You do not need to do just one thing in your career.

— Jennifer Ritchie Payette



Empowered women empower women.



Reflection

Need support getting started? Consider using these reflection prompts:

- I currently find joy doing these 3 things at work...
- The accomplishments I'm most proud of are...
- The 3 traits I'm looking for in my next job are...



Reflection



About The Maxx You Project

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The Maxx You Project began in 2017 as T.J.Maxx's ongoing initiative dedicated to helping women pursue their most authentic lives. Since its inception, The Maxx You Project has touched the lives of more than 160,000 women across the country through interactive experiences and programming that encourages women to be their most unapologetic selves.

About T.J.Maxx

As the nation's largest off-price retailer, with more than 1,200 stores spanning 49 states and Puerto Rico, T.J.Maxx helps empower shoppers to be their most unapologetic selves by offering an ever-changing selection of high-quality, on-trend brand name and designer merchandise at an amazing value.

For style tips, inspiration and more, visit us on Instagram at @tjmaxx, TikTok at @tjmaxx, Facebook at facebook.com/tjmaxx, Pinterest at pinterest.com/tjmaxx and Twitter at @tjmaxx. Visit tjmaxx.com or download the T.J.Maxx app to shop online and locate your nearest store.

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