



Career & Life Reflection Workbook

*A Guided Journal for Reflection,
Legacy, and Leadership*



A Note to the Reader

When I suddenly lost my father, I was left with the feeling that so much remained unsaid, so much unknown. I regretted not having made more time to ask, to listen, to gather his stories. That absence has stayed with me. Now, as a parent, I feel the same need—both to hear from my children and to leave something meaningful for them.

We often share bits and pieces of our story in conversations, but rarely do those fragments find a place where they can be gathered, recorded, and reflected upon. Without that, it's difficult to see the larger picture—the way the threads connect and reveal who we are.

This book is meant to offer that space: a place for reflection, discovery, and storytelling. Each question invites you to pause and consider your journey. The dotted pages are for writing, sketching, or expressing yourself in whatever way feels natural. There is no “right” length of answer—just what feels true in the moment. If you run out of space, simply continue on another page and keep it together with this book.

Take your time. You don't need to complete everything at once. You might choose to sit with a question in the morning, then give yourself 30 minutes later in the day to write or draw your response. Approach it as if no one else will ever see it—this is your space to be honest, imperfect, and luminous.

At the bottom of each page, you'll also find a small section for gratitude. Use it to capture one thing you are grateful for, related to the theme—or as many as come to mind. Gratitude, even in its simplest form, has the power to shift how we see our past and present.

My hope is that, by the time you reach the end, you will have not only remembered parts of yourself but also seen your life with new clarity. Perhaps you will even choose to share your reflections with family, friends, or colleagues.

With gratitude and encouragement,

Andrés M Pardo



About Storia Connect

This workbook is part of a larger vision: to help people and organizations preserve the stories that matter. At Storia Connect, we believe that every story—whether personal, family, or professional—holds the power to inspire, teach, and connect across generations.

If you've enjoyed this process of reflection, you may wish to share it with others. You can:

- Offer it as a gift to friends, family, or colleagues. The book is available for purchase on Amazon.
- Bring the process into your organization. We help leaders and teams discover, record, and share their journeys in ways that strengthen identity and connection.
- Record the voices of your family. If you feel these questions should be asked to someone you love, we can facilitate interviews and create a lasting record for future generations.

At Storia Connect, we believe your story can inspire—and we'd love to help you share it.

 www.storiacconnect.com



I. Opening - Personal and Family Background

II. Experiences and Influences

III. Life's Highs and Lows

IV. Wisdom and Lessons

V. Habits and Time

VI. Books and Personal Development

VII. Reflections and Regrets

VIII. Meaning, Legacy, and Messages

IX. Closing Reflection



I. Opening - Personal and Family Background

Reflect and write about your family or background. What comes to mind when you think about it?

One thing I am grateful for in this area is:

What are your interests and passions? What lights you up? Why?

One thing I am grateful for in this area is:

How did you first connect with the company or profession you are part of today?

One thing I am grateful for in this area is:

II. Experiences and Influences

What experiences had the greatest negative influence on you? Why?

Grid area for writing responses to the question: What experiences had the greatest negative influence on you? Why?

One thing I am grateful for in this area is:

Grid area for writing responses to the question: One thing I am grateful for in this area is:

What experiences had the greatest positive influence on you? Why?

Handwriting practice area with a grid of dots.

One thing I am grateful for in this area is:

Handwriting practice area with a grid of dots.

What are the most important roles you have played in your life (family, career, community)? Why?

One thing I am grateful for in this area is:

What has been the most defining experience of your professional journey so far?
Why?

One thing I am grateful for in this area is:

III. Life’s Highs and Lows

What is your saddest moment?

Handwriting practice area for the question "What is your saddest moment?". The area contains a grid of 20 rows and 40 columns of dots for tracing practice.

One thing I am grateful for in this area is:

Handwriting practice area for the question "One thing I am grateful for in this area is:". The area contains a grid of 5 rows and 40 columns of dots for tracing practice.

What is your happiest moment?

Handwriting practice area for the question "What is your happiest moment?". The area contains a grid of 20 rows and 40 columns of dots for tracing practice.

One thing I am grateful for in this area is:

Handwriting practice area for the question "One thing I am grateful for in this area is:". The area contains a grid of 5 rows and 40 columns of dots for tracing practice.

What are your most cherished memories?

Handwriting practice area for the question "What are your most cherished memories?". The area consists of a grid of 20 rows and 40 columns of dots.

One thing I am grateful for in this area is:

Handwriting practice area for the question "One thing I am grateful for in this area is:". The area consists of a grid of 5 rows and 40 columns of dots.

What is one of your proudest moments in your career or organization? Why?

One thing I am grateful for in this area is:

IV. Wisdom and Lessons

What did you learn from your father or mother?

One thing I am grateful for in this area is:

What lessons did you discover on your own?

One thing I am grateful for in this area is:

What did you learn from a mentor?

One thing I am grateful for in this area is:

What lessons would you like your children, colleagues, or company to remember from you? Why?

One thing I am grateful for in this area is:

What hopes and dreams do you have for your loved ones, colleagues, and/or organization?

One thing I am grateful for in this area is:

What values or principles do you believe are most important for the future of your company or industry? Why?

One thing I am grateful for in this area is:

V. Habits and Time

What habits did you learn from your father or mother?

Handwriting practice area with a grid of dots.

One thing I am grateful for in this area is:

Handwriting practice area with a grid of dots.

What habits did you develop on your own?

Handwriting practice area with a grid of dots.

One thing I am grateful for in this area is:

Handwriting practice area with a grid of dots.

What habits did you learn from a mentor?

One thing I am grateful for in this area is:

What habits would you like others to adopt – family, friends, or colleagues? Why?

One thing I am grateful for in this area is:

How do you manage your time?

One thing I am grateful for in this area is:

Are there any work habits or practices that contributed most to your success?

One thing I am grateful for in this area is:

VI. Books and Personal Development

What book had the greatest emotional impact on you? Why?

One thing I am grateful for in this area is:

What book most influenced your professional, intellectual, or leadership growth?
Why?

One thing I am grateful for in this area is:

Is there a book you turn to repeatedly for inspiration or guidance? Why?

One thing I am grateful for in this area is:

Was there a book that challenged your beliefs or worldview? Why?

One thing I am grateful for in this area is:

Was there a turning point when you consciously committed to personal development?
Why?

One thing I am grateful for in this area is:

Looking back, what personal skill, mindset, or habit has been most crucial to your growth?

One thing I am grateful for in this area is:

If you could give yourself one skill or mindset earlier in life, what would it be? Why?

One thing I am grateful for in this area is:

Who or what has been the biggest catalyst for your personal growth?

One thing I am grateful for in this area is:

What professional insight would you want future colleagues to remember?

One thing I am grateful for in this area is:

VII. Reflections and Regrets

What is something you regret having done? Why?

Handwriting practice area for the reflection question. The area contains a grid of dots for tracing and a larger area for independent writing.

One thing I am grateful for in this area is:

Handwriting practice area for the reflection question. The area contains a grid of dots for tracing and a larger area for independent writing.

What is something you regret not having done? Why?

One thing I am grateful for in this area is:

What personal qualities do you most value about yourself?

One thing I am grateful for in this area is:

What challenges have you overcome that shaped who you are today?

Handwriting practice area with a grid of dots.

One thing I am grateful for in this area is:

Handwriting practice area with a grid of dots.

What professional risk or mistake taught you the most valuable lesson? Why?

One thing I am grateful for in this area is:

VIII. Meaning, Legacy, and Messages

What gives your life meaning and purpose now?

One thing I am grateful for in this area is:

How would you like to be remembered by family, colleagues, or company?

One thing I am grateful for in this area is:

Are there things you want your family, friends, or colleagues to know or remember about you?

One thing I am grateful for in this area is:

Is there anything you feel needs to be said to someone or put to rest?

One thing I am grateful for in this area is:

What do you hope people will say about you at your retirement or farewell party?

One thing I am grateful for in this area is:

If you had to sum up your life philosophy in one sentence, what would it be?

One thing I am grateful for in this area is:

What legacy would you like to leave within your company or industry? Why?

One thing I am grateful for in this area is:

IX. Closing Reflection

What advice would you give your younger self?

One thing I am grateful for in this area is:

What would your older self think about you right now, and what advice would they give?

One thing I am grateful for in this area is:

If you wrote a letter to your future self 20 years from now, what would it say?

One thing I am grateful for in this area is:

What question do you wish had been asked here that wasn't? Write it down and answer it here.

One thing I am grateful for in this area is: