

**Dress For Success**  
*Success Journal*

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## *Introduction*

*The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life.*

*This Success Journal is a tool to help you uncover your strengths as well as your weaknesses. It is an intimate journey into your beliefs, your feelings, and your dreams. It's a process that leads to growth and personal change. It's inspiration for you to reflect on.*

*Journaling will help you in the process of self-actualization. You will become more aware of what you are feeling, and you will be able to choose which beliefs and habits are hindering your progress, and which ones are positive and need your commitment to expanding their scope.*

*I invite you to join me in this "Guided Journaling" exercise. You see, you are already experiencing successes and you already have some great attributes. By identifying those successes and reflecting on how you achieved them, you will see that with consistent applied direction*



*toward your desires, you can and you have done this before. And that means that you can do it again, bigger and better. You have the ability to make positive CHANGE in your life!*

## *Change -*

*Consciously **H**aving **A** **N**ew **G**rowth **E**xperience!*

*And there are resources all around you that can assist you in getting to the life of your dreams. Dress for Success has Professional Development programs, Mentoring programs, there are books you can read, online training to learn new skills, and organizations you can join.*

*Believe in yourself and commit to the process of change. You are investing in yourself and your future. It's up to you to decide what that looks like!*

*To your success,*

***Kimberly Armstrong***



## *Some Tips for Journaling*

- *You can journal any time of the day that's convenient for you, just be consistent and journal daily.*
- *For each journal entry, record the date and time of day.*
- *Use your journal to evaluate your thoughts and feelings. Go back periodically and reread your entries. Look at the thoughts and feelings you want to change, then make those changes.*
- *As I'm reading a book with great information, I like to write the major points in my journal, sort of like taking notes when you were in school.*
- *Your journal is for you! Give yourself permission to be open and honest with yourself and express your emotions freely.*















