



WHO AM I?

A gentle, science-backed journal to help you rebuild identity, confidence and direction after losing a job





Welcome!

If you are reading this, something in your work life has changed. Maybe suddenly. Maybe painfully. Maybe in a way you did not choose.

And if you are feeling a little unsteady, uncertain, or disconnected from who you are right now, that makes sense.

Losing a job does not just affect income. It can affect identity. Work gives us structure, purpose, connection, and a way to see ourselves in the world. When it disappears, it is common to feel as if a part of you has gone missing too.

This journal exists for that moment.

It is not here to rush you into positivity or force you to “bounce back.” It is here to help you gently reconnect with what is still true about you, even when your job title has changed.



Why this workbook works

Psychological research shows that people who take time to reflect on their values, strengths, and sense of self after job loss are more likely to regain confidence and return to work.

When we stabilise identity, we stabilise motivation.

That is what these pages are designed to do.

Small reflections.

Simple prompts.

A steady rebuilding of self trust.

You do not need to complete this perfectly.

You just need to be honest.

A note from me

My name is Lisa Howe and I am a career coach, CV writer, and AI trainer based in the UK. I work with professionals at all stages of their career, especially those navigating redundancy, burnout, or big transitions.

I have seen again and again that the hardest part of job loss is not updating a CV.

It is rebuilding belief.

This journal is a space for you to slow down, breathe, and remember who you are beyond a job title.

You are not broken.

You are in transition.

And this is where your next chapter begins.

Lisa

www.lhcvolutions.com

Table of Contents

05 Why This Feels Hard

06 What Is Still True
About You

08 Separating You From
Your Job

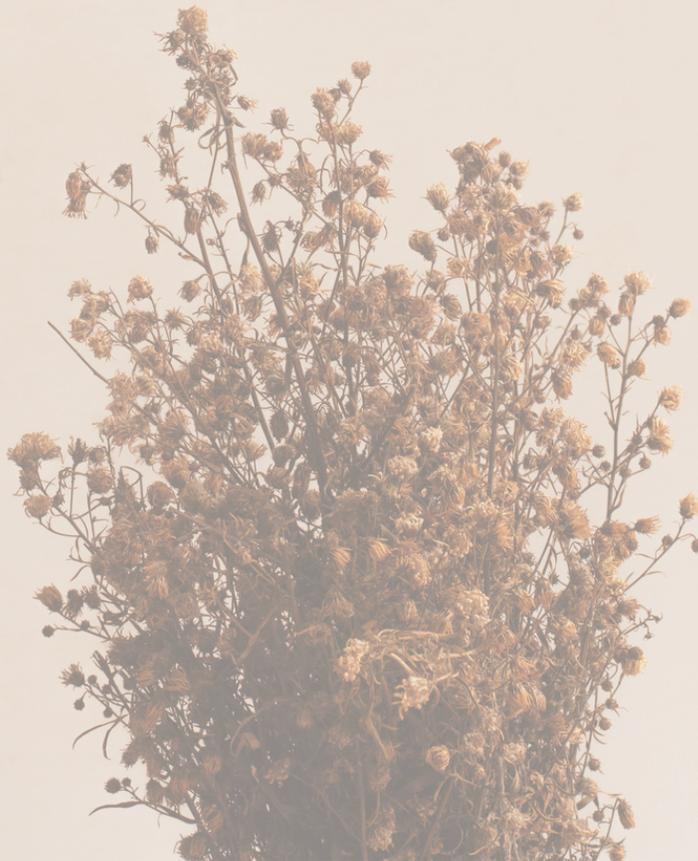
09 Your Identity Beyond
Work

11 What This Chapter Might
Be Teaching Me

12 Rebuilding Confidence

13 Your New Story

14 A Note From You to You



Why This Feels Hard

Losing a job can feel like losing part of yourself.

That is not weakness. That is how identity works.

A large study published in the Proceeding of the National Academy of Sciences found that people who spent time affirming their values and strengths after job loss were more likely to return to work.

This shows that identity and confidence play a real role in career recovery.



What Is Still True ABOUT You?

This is your self **affirmation page** inspired by the research

What matters most to me as a person?
Write three values that guide how you live and work.

Write your answer here

What strengths do people regularly see in me?
Write three things others rely on you for.

Write your answer here

One thing I am proud of from my career so far is.....

Write your answer here

Separating You From Your Job

Your role was something you did. It was not who you are.

My job title was.....

Write your answer here

The skills I used in that role were.....

Write your answer here

The parts of the job that felt meaningful to me were.....

Write your answer here

Separating You From Your Job

Continued.....

What this tells me about who I am:

Write your answer here



Your Identity Beyond Work

Complete these sentences:

I am someone who.....

Write your answer here

I care deeply about.....

Write your answer here

I am my best when.....

Write your answer here



Your Identity Beyond Work

Complete these sentences:

People often describe me as.....

Write your answer here

Even without a job, I am still.....

Write your answer here



What This Chapter Might be Teaching Me



What did my last role give me?

Write your answer here

What did it take from me?

Write your answer here

What do I want more of in my next chapter?
What do I want less of?

Write your answer here

Rebuilding Confidence

Small wins rebuild identity.

This week I will do three things that remind me I am capable:

- 1.
- 2.
- 3.

These can be job search tasks or personal wins.

Your New Story

The story I am telling myself

Right now, my inner story about losing my job sounds like:

Write your answer here

A kinder, more truthful version of my story is:

Write your answer here



A Note From You to You



If a friend has just lost their job, what would I say to them?

Write that message to yourself.

Write your answer here



Next Steps

You do not have to navigate this alone.

Your CV, LinkedIn profile and job search should reflect who you are becoming, not just who you were.

Explore more support at

<https://lhcvolutions.com/>

Lisa Howe, Career Coach

T: +44 7877781745

E: lisahowecareersolutions@gmail.com

L: Edinburgh, UK

