

# Beginning with Awareness

## Mindset Reset Journal for The AI Era

In a world that is constantly changing it's easy to feel lost. This journal offers a safe space to pause reflect and begin to heal. Through guided writings and mindfulness practices you'll rediscover clarity calm and the courage to move forward.



# Preface

With gratitude I offer this book to anyone walking the path of healing growth and self discovery. It was born from quiet moments inner conversations and the hope that every wound can lead us to light.

Each chapter is a gentle space to reflect write and embrace yourself. At the end of every chapter you'll find quotes from inspiring voices around the world—reminders that wisdom lives beyond time religion or culture. It speaks through our shared human experience.

May this book accompany you on your journey a companion that neither judges nor compels but simply remains present with tenderness and sincerity. May each step you take feel more meaningful and may its presence offer subtle gifts that unfold slowly yet deeply.

Jenni Maria  
Author

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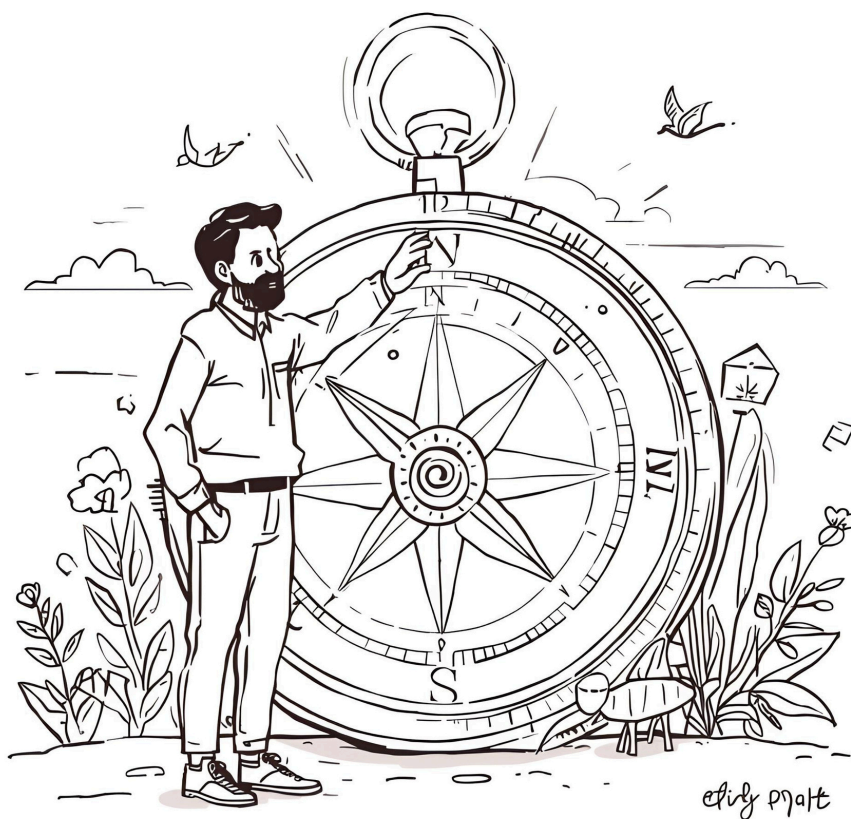
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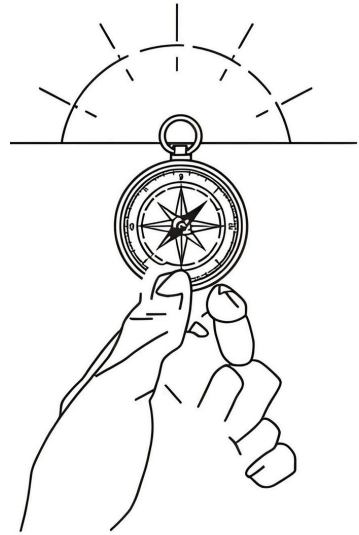
# Day 1

## Morning Compass



## “Where Am I Now?”

**T**he world is changing rapidly, and global work trends show rapid disruption: jobs are shifting due to AI, hybrid work and **restructuring**. Many workers especially Gen Z and midlife professionals feel caught between opportunity and **uncertainty**. Many of us feel uncertain due to economic instability, the rise of Artificial Intelligence (AI) and shifting career systems.



That's why, before we focus on the future, it helps to pause and ask: **“Where am I right now?”** Taking time to notice where we stand brings calm to the mind before we take action. This simple step builds awareness, clarity and a foundation for meaningful change.

# Real-Life Stories



## **1) Gen Z:**

"I am working part-time and interning remotely, learning AI basics but I feel scattered."

## **2) Millennial:**

"I am mid-career but restless I miss purpose, not just pay."

## **3) Gen X:**

"I am juggling career and caring for kids or aging parents. I need clarity on what truly matters to me now."

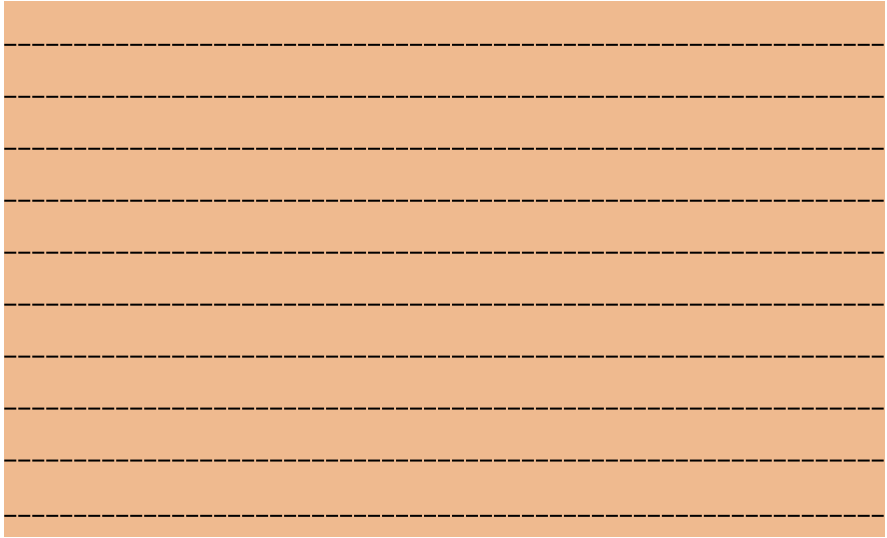
## Real-Life Stories



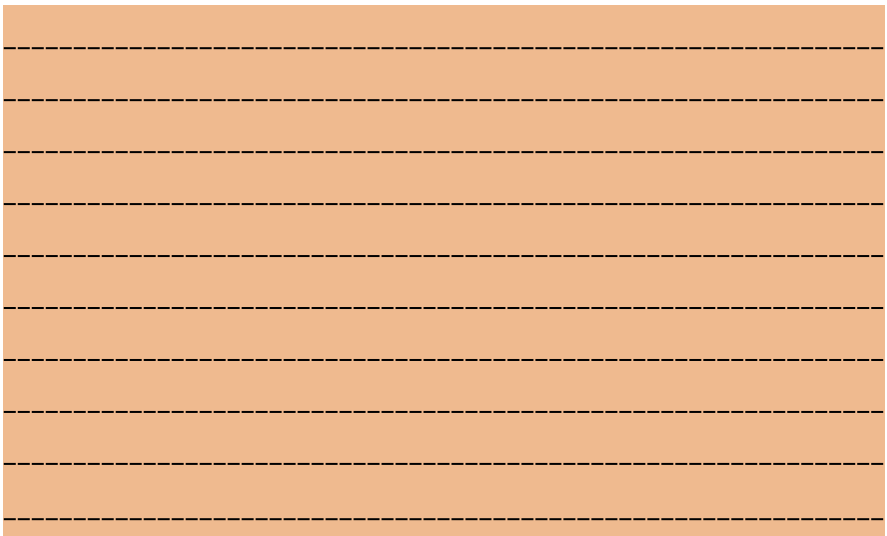
**Rina, 52**, has been with the same company for over 20 years. Recently, she heard rumors of restructuring due to automation. She feels **anxious** and **tired**. Instead of panicking, Rina decided to sit quietly one morning and write three words that describe how she feels about her work today: **uncertain, pressured but hopeful**. By naming her feelings, she felt lighter and more prepared to take action.

# Self Reflection

- How do I feel about my career today? (Choose three words.)



- Which part of my daily work feels “heavy” and which feels “light”?



# Mindful Step

- Close your eyes and take three slow breaths. With every exhale, imagine letting go of today's tension. Then, write your three words in your journal.

A large rectangular area with a light orange background, containing ten horizontal dashed lines for writing.



## Soul Note:

"Awareness is the first step toward change. By naming your feelings, you are already moving forward."



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“It always seems impossible  
until it’s done.”

-Nelson Mandela-

# Day 2

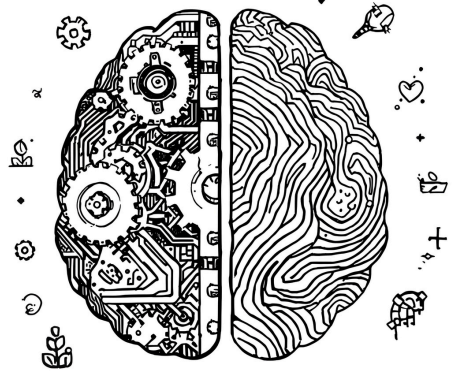
## Strengths Anchor



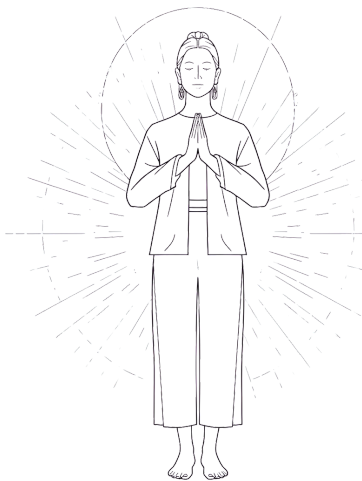


# “What Makes Me Strong?”

**A**I and automation are transforming the way we work. As economies and **technologies** shift, many jobs change or disappear. While technical skills are **crucial**, studies show that soft skills like empathy, adaptability and problem solving are -



harder for machines to replicate. These **strengths** are part of who you are. They shape the way you think, connect and solve problems. While technology continues to evolve, it cannot replicate the depth of human intuition, empathy and creativity.



Right now, we're focusing on your **inner strengths**. Knowing what you're good at boosts your confidence, helps you prepare for the unknown and gives you a clear direction for your next career move. Day 2 highlights your natural strengths. In times of disruption, your unique abilities become anchors that keep you steady.

# Real-Life Stories

## 1) Gen Z:

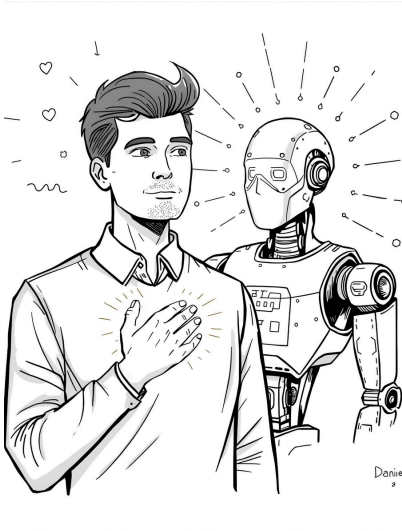
"I am quick to adapt to new tech."

## 2) Millennial:

"I am a natural connector people trust me."

## 3) Gen X:

"I juggle multiple roles with resilience."

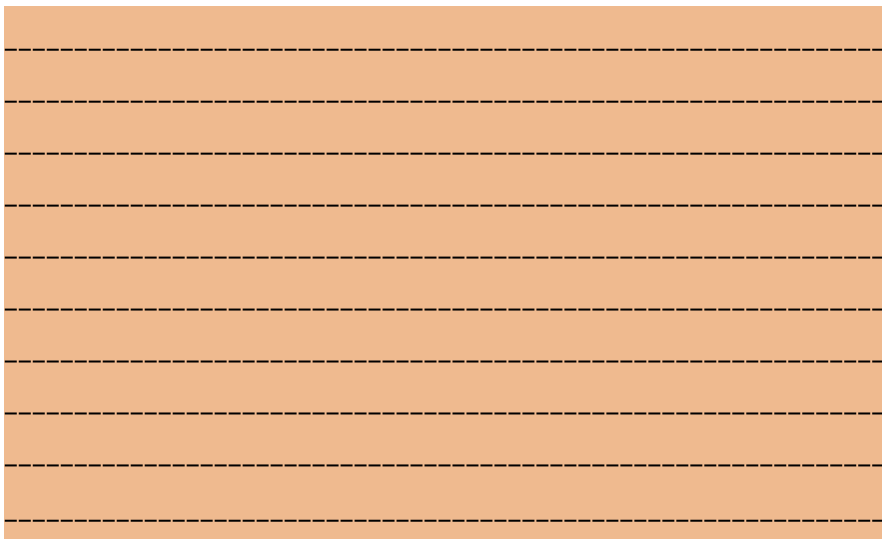


**Daniel 27**, works in customer service. His company recently began testing AI chatbots. Daniel was worried about **losing** his job. However, during a team meeting, his manager reminded him that a machine could **never replace** his calm voice and empathy when -

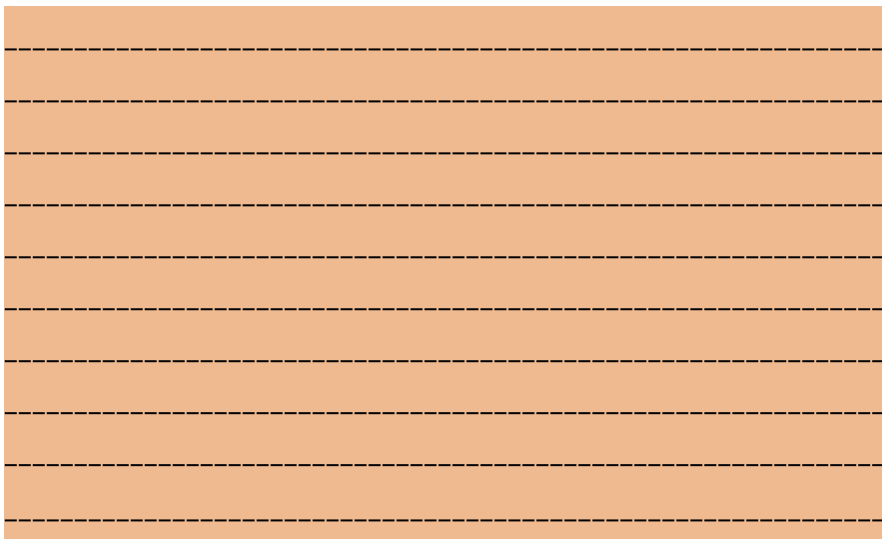
dealing with angry clients. This reminder helped him see that his patience and empathy are **valuable strengths**.

## Self Reflection

- What three strengths have helped me succeed before?



- What are 2–3 skills or qualities make me feel strong and valuable?



## Mindful Step

- 
- This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or note-taking. There are no margins, text, or other markings on the page.

### Soul Note:

"Those strengths might seem everyday but they're truly remarkable when put into action. They serve as your steady ground in uncertain moments and recalling them helps you face change with confidence."





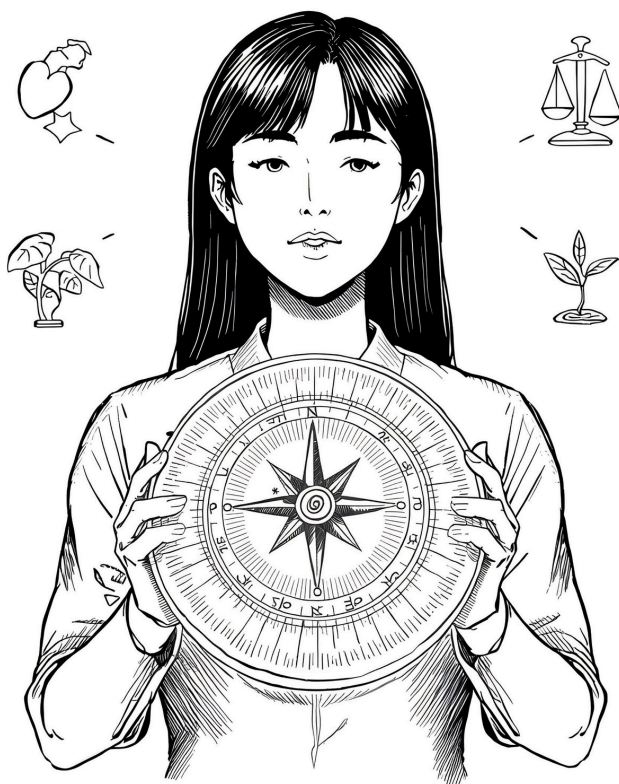
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“As you start to walk on the  
way, the way appears.”

-Jalaludin El Rumi-

# Day 3

## Values Compass



# “What Truly Matters?”

With the digital economy constantly changing, our careers are evolving rapidly. The digital age can be overwhelming jobs change quickly, roles shift and security feels uncertain. Amidst this **chaos**, our values act as a steady guide. Without these guiding values, many workers are at risk of burnout.



Research shows that when employees align their work with their personal values, they report higher **satisfaction** and greater resilience across all age groups. We are more motivated and fulfilled when our careers align with what matters most.



That is why we are focusing on what truly counts today. Day 3 is about values the compass that guides your energy and choices. When work aligns with values, **motivation** flows naturally.

# Real-Life Stories

## 1) Gen Z:

“I want meaningful work and time to create.”

## 2) Millennial:

“I value work-life balance more than prestige.”

## 3) Gen X:

“I seek autonomy and stability while supporting family needs.”



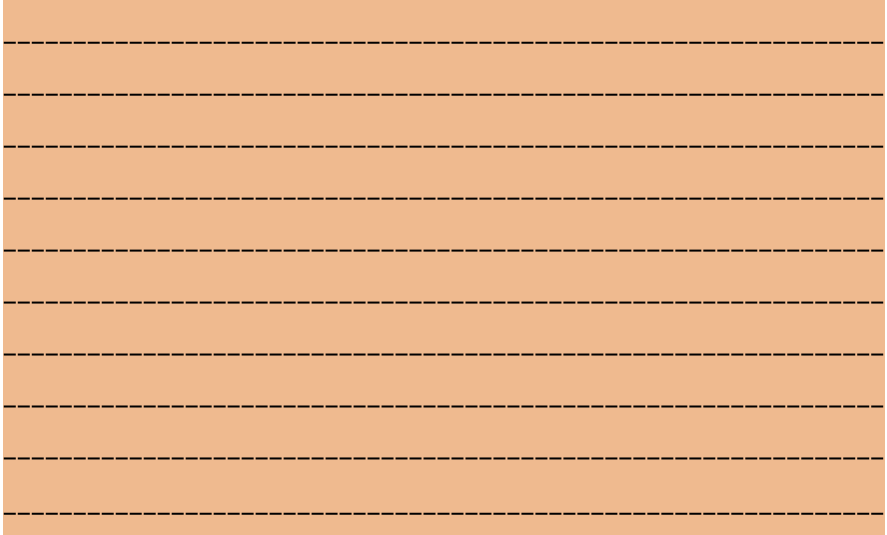
**Dewi, 38**, has spent over a decade working as a project manager in a technology company. Although her career appears stable, she has recently begun to feel **weary** and **directionless**.

One morning, while enjoying her coffee on the front porch, she decided to write down the three values that mattered most to her: **honesty, social impact and time with family**. She realized that the projects that truly energized her were those that made a direct difference in people's lives.

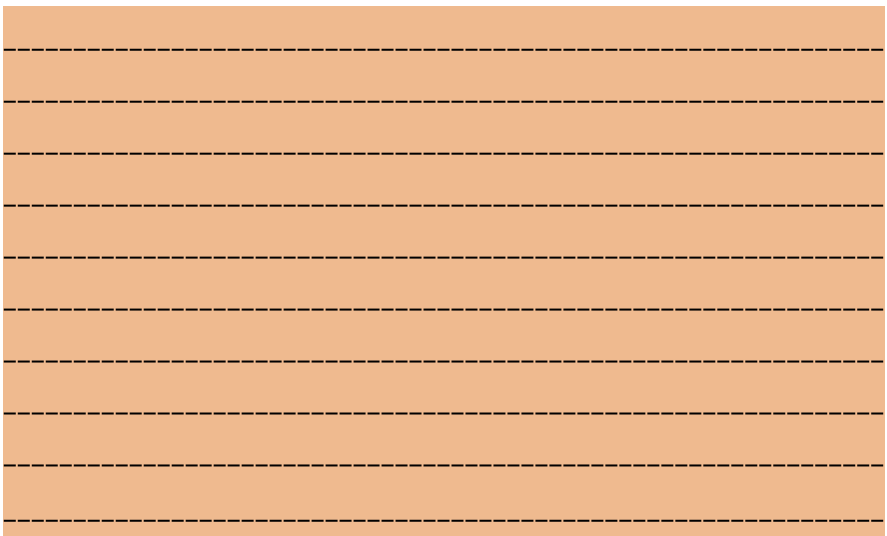


## Self Reflection

- When did I feel the most energized by my work?  
What values were involved?



- What values will I refuse to compromise, even when uncertain?



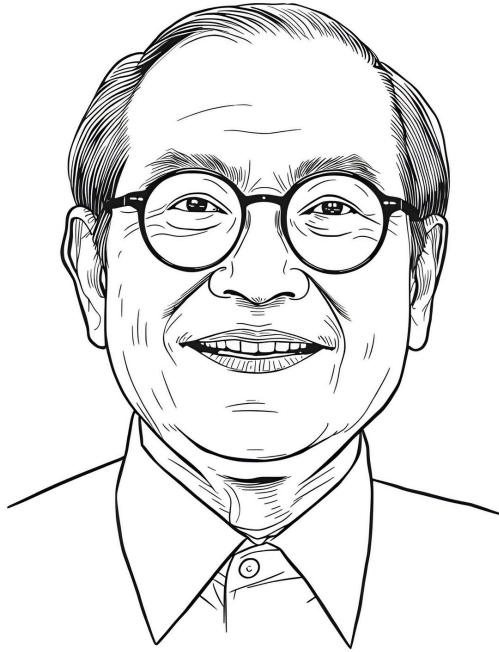
## Mindful Step

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### Soul Note:

“Values are not just ideals they are anchors of energy and meaning. Your values serve as your guide during uncertain times. By living according to them every day, you create direction and stability.”

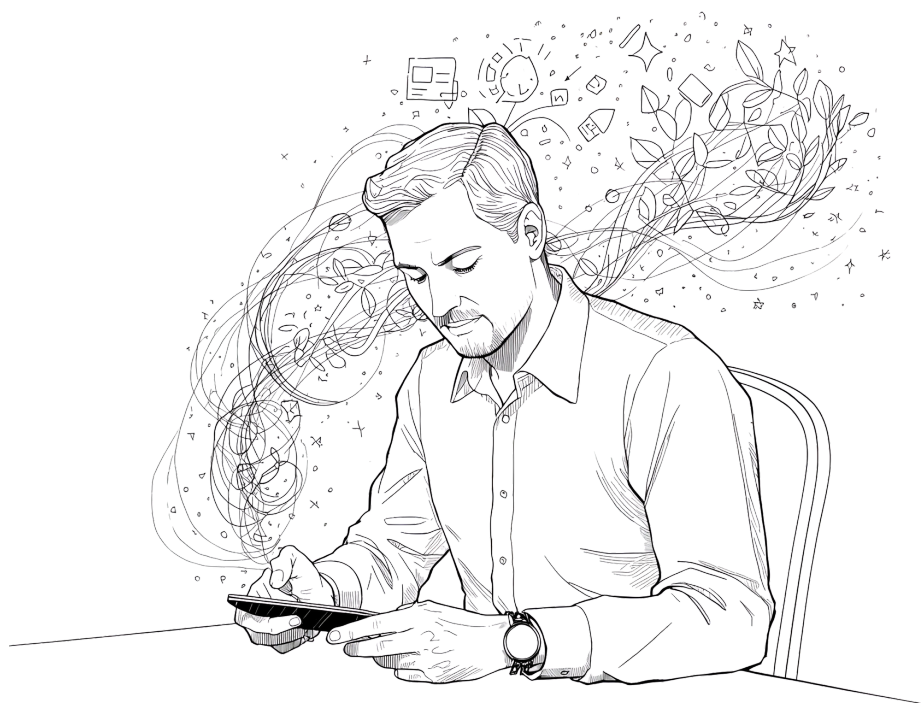


“Success does not belong to the  
clever. It belongs to those who  
persist.”

-Bj Habibie-

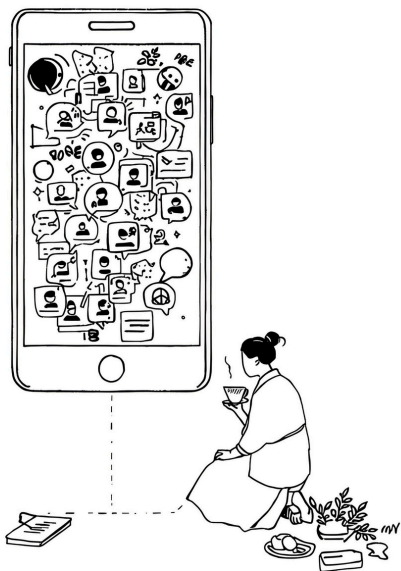
# Day 4

## Digital Balance



## “Reclaiming Focus”

**D**igital overload is a common challenge for all generations today. **Research** shows that constant notifications and online exposure diminish focus, disrupt sleep and raise - stress levels. However, small **boundaries** like screen curfews can help restore calm, energy and creativity.



Technology and AI can unite us and increase our **productivity**, but constant messages, meetings, and notifications can be **overwhelming**. In today's episode, we will learn how to regain control by setting healthy tech boundaries and finding a better balance in life. Today we learn to use tech with intention, not let it use us.

# Real-Life Stories

## 1)Gen Z:

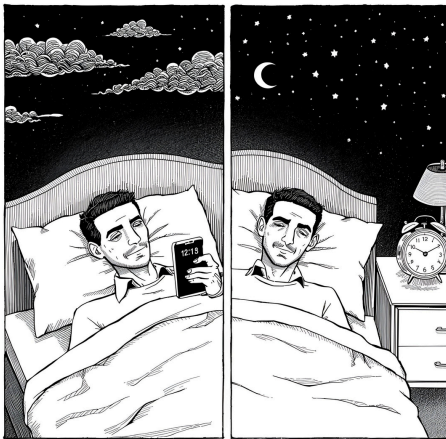
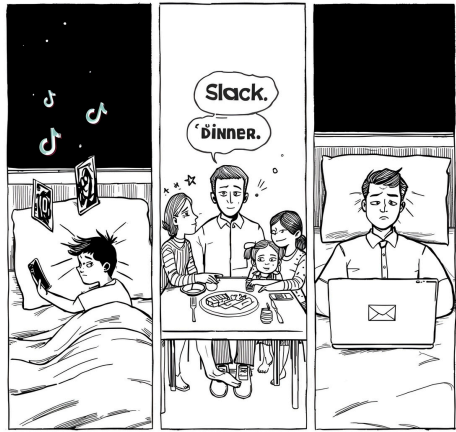
“I scroll TikTok until 2 AM, and it ruins my mornings.”

## 2)Millennial:

“Slack pings follow me even into dinner time.”

## 3) Gen X:

“Emails past 9 PM make me restless and steal my sleep.”

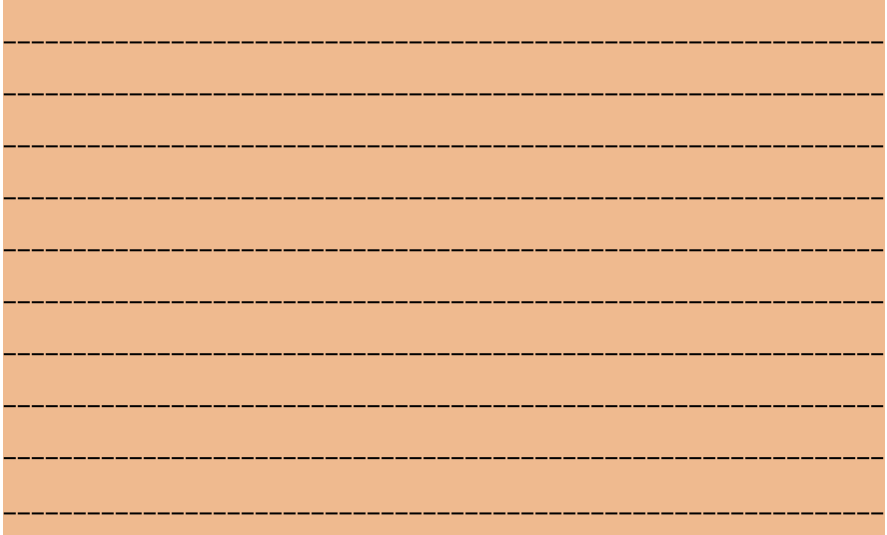


**Arif, 41,** is a project manager who often checks emails until midnight. He frequently sleeps poorly and wakes up feeling **exhausted.**

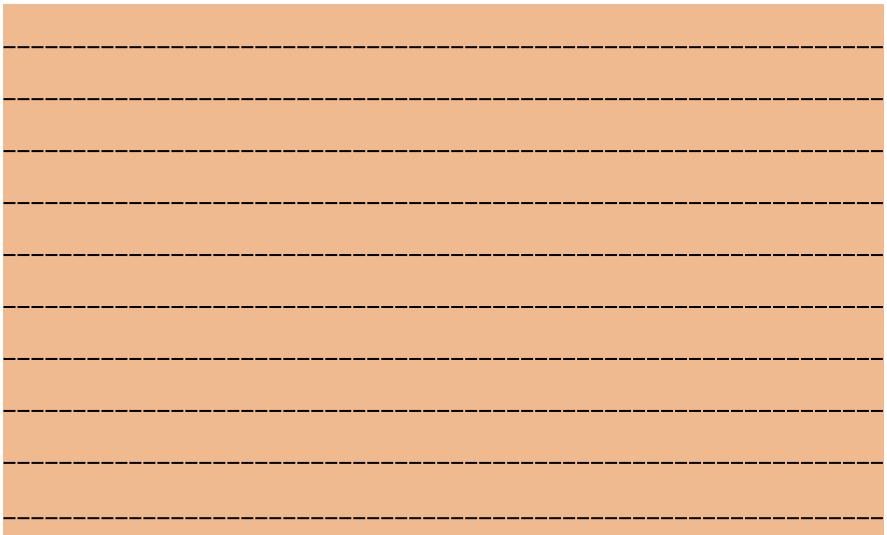
One week, he decided to stop using his phone after 9 PM. Within days, his sleep improved and he felt more **focused** during meetings.

# Self Reflection

- How does technology assist me in my career or daily life?



- In what ways does it drain my energy or distract me?



# Mindful Step

- Pick one digital boundary for this week (e.g., no phone 45 minutes before bed or Sunday offline for 3 hours). Write it in your journal as your “digital balance goal.”

A large rectangular area with a light orange background and horizontal dashed lines for journaling.



## Soul Note:

“Digital tools are powerful, but your well-being matters more. Gentle boundaries restore your focus and peace.”





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“Do the best you can until you  
know better. Then when you  
know better, do better.”

-Maya Angelou-

# Day 5

## Healthy Boundaries



## “Space for What Matters”

Many workplaces value the spirit of “going above and beyond,” but this mindset can have **harmful** effects if not balanced with clear boundaries. By setting healthy **limits** and **respecting** one another, people of all ages can stay energized and help build a more positive work environment.



Nowadays, with remote work and digital demands, people often feel pressured to be always available. Constantly saying "**yes**" can lead to burnout. However, we're coming to understand that setting boundaries isn't selfish, it's a way to **prioritize** self-care and create room for balance and respect.

# Real-Life Stories

## 1) Gen Z:

“I feel guilty saying no to extra tasks, even if I am overloaded.”

## 2) Millennial:

“I am parenting and working remotely—everything blurs together.”



## 3) Gen X:

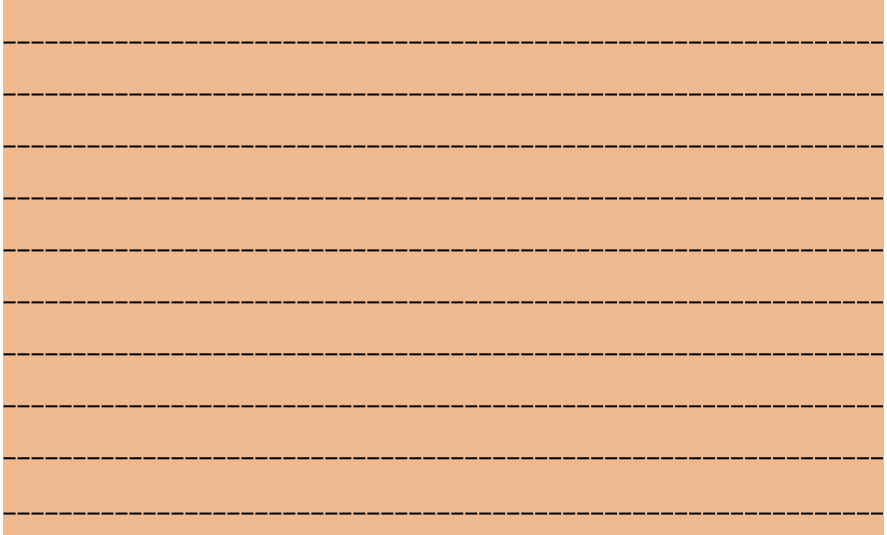
“I have said yes for 20 years. Now I feel drained.”



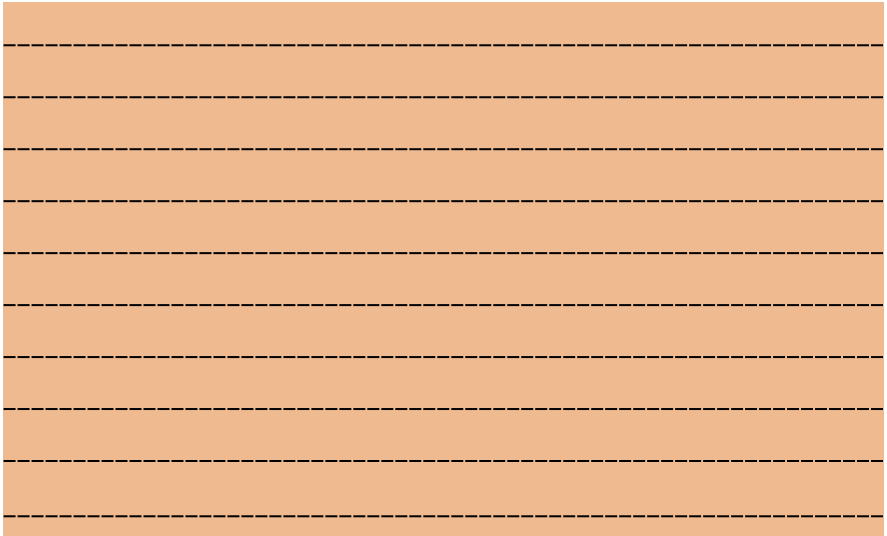
**Maya, 45**, manages a small team and often agrees to every request. One day, she told a coworker, “I would love to help but I will finish this first tomorrow.” To her surprise, the coworker understood. Maya felt **respected** and **less exhausted**.

# Self Reflection

- Where do I need to set more precise boundaries in my work or life?



- What is one gentle way to say “no” I can practice this week?



# Mindful Step

- Write one personal boundary for this week. Draft a polite script, such as “No emails after 9 PM” and include a courteous yet firm way to express it, like “I would love to help, but I will handle this tomorrow.”

A large rectangular area with a light orange background and horizontal dashed lines for writing.



## Soul Note:

“Boundaries foster balance. Saying ‘no’ to what drains you means saying ‘yes’ to what matters.”



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“Your time is limited, so  
don’t waste it living  
someone else’s life.”

-Steve Jobs-

# Day 6

## Growth Spark





## “Small Steps Forward”

A growth mindset helps people thrive in **uncertain** times by building resilience and flexibility. Studies have found that individuals who prioritize ongoing learning, regardless of age, tend to be more **resilient**, motivated and adaptable in a shifting economy.



Staying committed to learning helps safeguard against job insecurity and prepares you for new **opportunities**. Although automation and AI eliminate some jobs, new opportunities occur every day. Growth does not happen with giant leaps but with **small** sparks of curiosity.

We are now exploring what drives us to learn, because **learning** is our best defense against the unknown.

# Real-Life Stories

## 1) Gen Z:

“I took a free online design course, which boosted my confidence.”

## 2) Millennial:

“I joined a weekend workshop that reignited my motivation.”

## 3) Gen X:

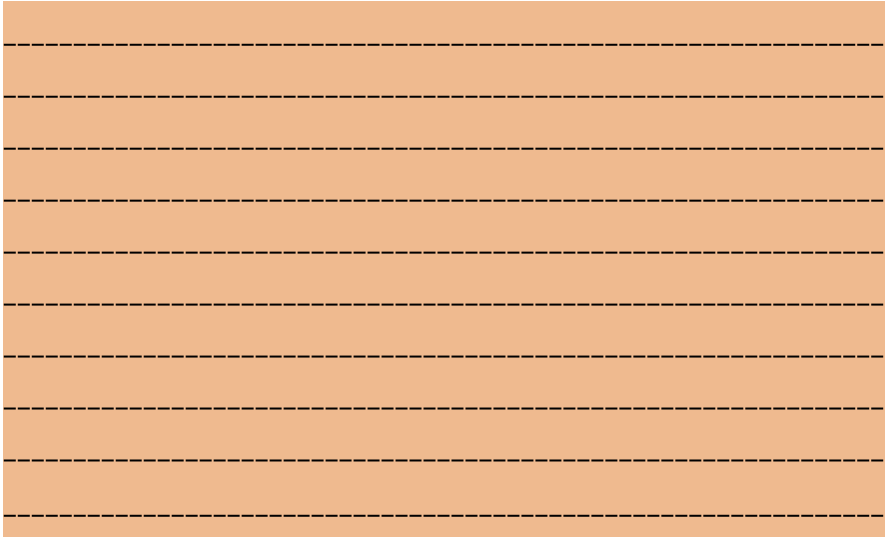
“I tried mentoring younger colleagues—it gave me fresh energy.”



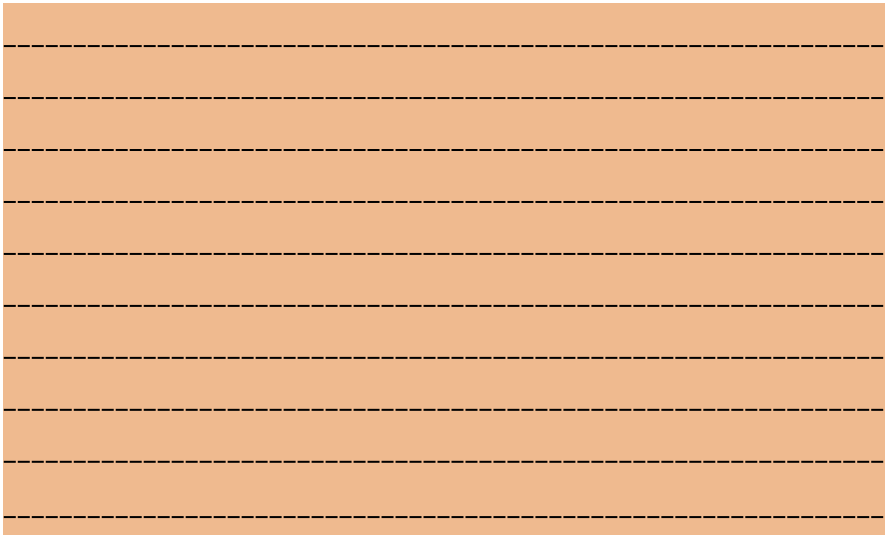
**Jonas, 30**, worried that AI might replace his job in finance. Instead of stressing, he took a free online course on data visualization. Within weeks, he felt more **confident** and proposed new ideas at work.

# Self Reflection

- What new skill or habit am I excited about right now?



- How might it support my growth in the future?



# Mindful Step

- Write down one skill or habit you want to try this month. Next to it, jot down one small step to get started (for example, watch a 10-minute tutorial or sign up for a free webinar).

A large rectangular area with a light orange background and horizontal dashed lines for writing.



## **Soul Note:**

"Every significant change begins with a small step. Let curiosity steer your progress."



“Knowing yourself is the  
beginning of wisdom.”

-Socrates-

# Day 7

## Career Vision

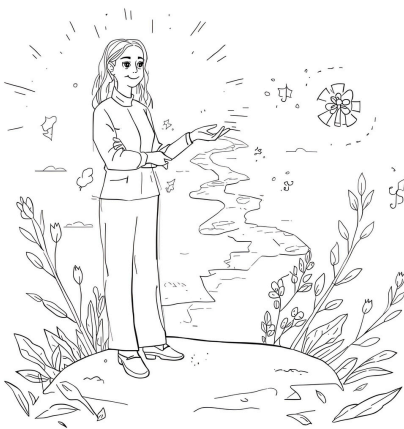


## “Looking Ahead”

When everything feels uncertain, making big plans can be **overwhelming**. But when those plans are broken down into small goals and paired with real action, we begin to build confidence and **momentum**. According to -



goal-setting theory, having clear and achievable goals can enhance motivation and resilience at any age.



Now that we have taken a step back, it is time to think ahead. The future of work is still uncertain, but having a **clear vision** gives us direction. Your vision does not need to be flawless, it just needs to point you in the right direction for the next move.

# Real-Life Stories

## 1) Gen Z:

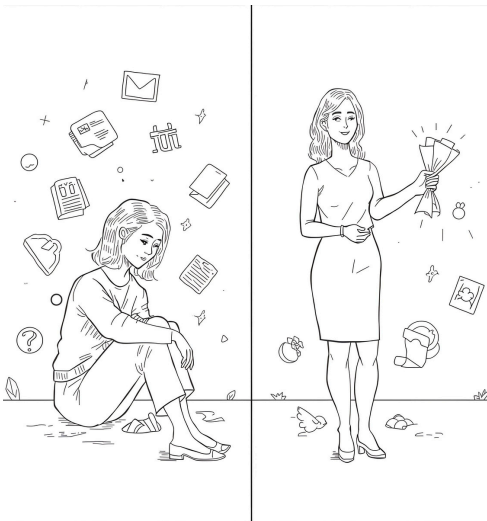
“I see myself freelancing while traveling.”

## 2) Millennial:

“I picture balancing meaningful work with family.”

## 3) Gen X:

“I want to mentor, write, or consult in my next chapter.”

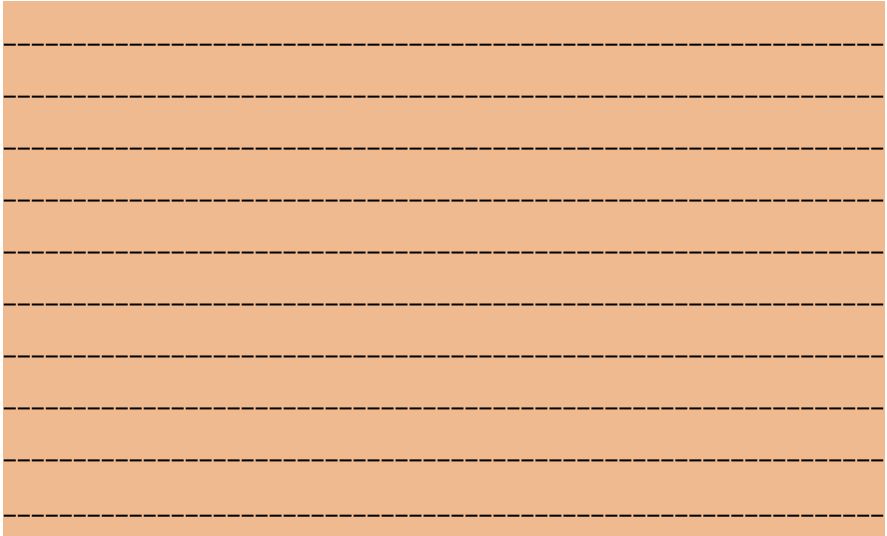


**38 year old, Lina** felt exhausted and **uncertain**. A month later, she imagined herself working with greater **focus** and less stress. She set a modest goal: revamp her resume and consult with a mentor. This straightforward vision energized her and gave her **hope**.

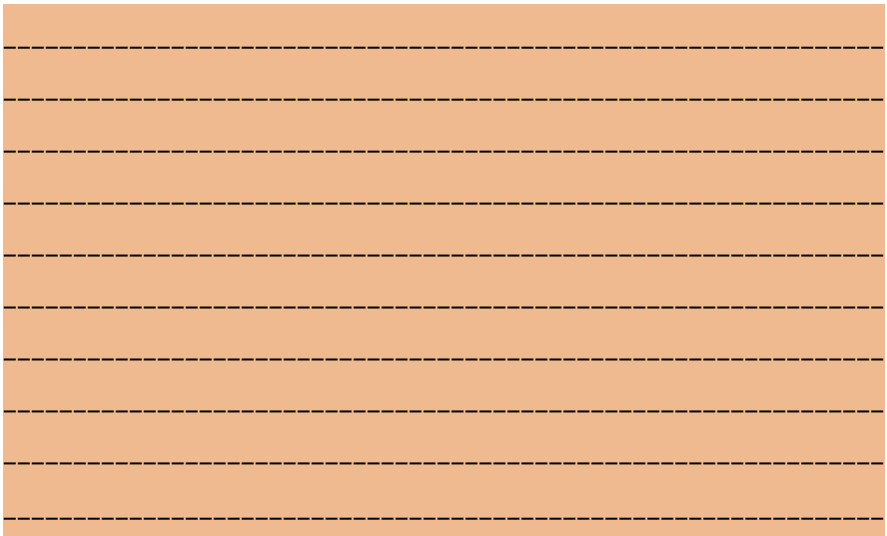


# Self Reflection

- If I envision myself one month from now, what do I want my work to be like?



- What is one step I can take this week to move closer to that vision?



# Mindful Step

- Take a moment to close your eyes and picture yourself a month from now, feeling calmer and more confident. What is one specific thing you can do to make that happen? Write down one step this week to bring yourself closer to your goal.

A large rectangular area with a light orange background and horizontal dashed lines for writing.



## Soul Note:

"Every journey starts with a single step; your future begins with the one you take today."



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“When you reach the heart of  
life, you will discover beauty in  
everything—even in eyes blind  
to it.”

-Kahlil Gibran-

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# About the Author



Jenni Maria is a mindful HR practitioner, applied psychology expert and certified life coach who has inspired hundreds of people to rebuild their careers and lives with courage and awareness.

With over 15 years of experience and a deep passion for lifelong learning, she founded StudiKarsa, a digital learning space for Gen Z, Millennials and women in transition to grow personally and professionally.

This book is not about finding answers, but about creating space to ask, to feel and to grow.

Each page invites you to pause, listen to yourself and weave new meaning from your life experiences.

“It’s not about doing big things. It’s about doing small things with big love.” – Mother Teresa

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