



## Dear Job Letter

Write a letter to the lost job. This exercise can bring a degree of closure and clarity.

*Best Practices:*

- This is a "Dear Job" letter, not to a specific person.
- Rewrite the letter as many times as it takes to achieve a sense of closure.
- This is a letter you write ONLY for yourself. Keep it or discard it, but DO NOT send it to your former employer!
- You may destroy the letter in a ceremony of your own design.
- Or, put it in a sealed envelope to open (or discard) when you start your next job.

*Here are some thought prompts to help you:*

1. Right now I feel...
2. Because...
3. Someday I hope to feel...
4. I'm proud of these accomplishments...
5. I'm grateful for these opportunities...
6. During my employment, I grew in these ways...
7. I gained these skills, certifications, accreditations, licenses, etc...
8. My next employer will be lucky to have me because...