

## **On the work front,**

**What have you learnt about yourself?**

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**What have you learnt about the job market?**

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**What are some skills you want to pick up?**

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**Where have you started applying to?**

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## **On the home front,**

**How is your spouse doing?**

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**How are your kids doing?**

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**How are you feeling?**

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**What could you do to show care to these 3 people above?**

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