



A 30-DAY REFLECTION CHALLENGE

30 Days of *Value*

A practical workbook to help you notice, name and strengthen the value you bring to your work.

Do not just tell yourself you are valuable.
For 30 days, look for the evidence.

30

*Look for
the evidence.*

NOTICE IT • NAME IT
CONNECT IT • GROW & PROTECT IT
ACT ON IT

2-5 minutes a day. One short reflection. One growing record of the expertise, judgement, care, trust and impact that are easy to overlook.

Inspired by *Value Mindset*
Gabriela Kouahla

How to use this *workbook*

30 DAYS OF VALUE
START HERE

One small exercise a day

This challenge is designed for language professionals, but the questions can be used in almost any field. The aim is simple: notice the value that often disappears inside routine, speed, pressure or habit.

- Spend about **2-5 minutes** on each daily exercise.
- Use examples and evidence. One sentence is enough.
- You do not need to share your answers publicly.
- The daily LinkedIn posts are there for conversation; this workbook is your private record.
- On Day 30, return to this page and compare your answers.

The rhythm

Days 1-7: Notice it

Days 8-14: Name it

Days 15-21: Connect it

Days 22-28: Grow & protect it

Days 29-30: Act on it

Miss a day? Do not restart.

Continue when you can. The point is reflection, not perfection.

Value is easier to recognise when you start **looking for it deliberately**.

BEFORE DAY 1 - IN ONE SENTENCE, HOW WOULD YOU DESCRIBE THE VALUE YOU BRING TO YOUR WORK TODAY?

HOW EASY IS IT FOR YOU TO EXPLAIN YOUR VALUE RIGHT NOW? CIRCLE ONE.

1	2	3	4	5	6	7	8	9	10
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WHAT DO YOU HOPE TO NOTICE OR UNDERSTAND BY THE END OF THESE 30 DAYS?

Your 30-day *map*

30 DAYS OF VALUE
KEEP MOVING

This is not a test and there is no perfect streak. Use the tracker to keep your place, then use the five stages below to notice how the challenge moves from observation to action.

MY START DATE

MY DAY 30 DATE

PROGRESS TRACKER

01	02	03	04	05	06	07	08	09	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Tick or shade a box after each reflection. If you miss a day, continue with the next one when you can.

DAYS 1-7

Notice it

Look for evidence of contribution, skill, prevention and judgement that can disappear inside routine.

DAYS 8-14

Name it

Put words around the expertise and invisible thinking that make your work yours.

DAYS 15-21

Connect it

Trace how your work affects people, trust, decisions, quality and outcomes.

DAYS 22-28

Grow & protect it

Identify what to strengthen, communicate, protect, reduce or stop doing automatically.

DAYS 29-30

Act on it

Turn the evidence into one concrete change you can carry into your work.

ONE PROMISE TO MYSELF FOR THESE 30 DAYS

DAY 01/30

NOTICE IT

What did you make better today?

Write down one thing that was better because you were involved.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 02/30

NOTICE IT

What do people rely on you for?

Name three things others regularly come to you for.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 03/30

NOTICE IT

What looks easy only because you know how to do it?

Identify one skill you tend to underestimate because it feels natural to you.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 04/30

NOTICE IT

What problem did you prevent today?

Write down something that never became a problem because you noticed it first.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 05/30

NOTICE IT

What did you notice that someone else might have missed?

Capture one detail, risk or opportunity you spotted.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 06/30

NOTICE IT

Where did your experience save time today?

Identify one decision you made faster because of what you already know.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 07/30

NOTICE IT

Look back. Where is your value hiding?

Review Days 1-6 and circle the answer that surprised you most.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 08/30

NAME IT

Name one skill you no longer give yourself credit for.

Write it down and explain when you learned it.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 09/30

NAME IT

What do you know now that once felt difficult?

Compare your current ability with your earlier self.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 10/30

NAME IT

What question did you ask that changed the outcome?

Record one useful question you asked recently.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 11/30

NAME IT

Where did you choose quality over convenience?

Note one situation where you refused the easiest option because it was not the best one.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 12/30

NAME IT

What decision required your judgement, not just your skills?

Describe the decision and why there was no automatic answer.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 13/30

NAME IT

What part of your work cannot be seen in the final deliverable?

List some of the invisible thinking behind what you produce.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 14/30

NAME IT

If your work could speak, what would it say you contributed?

Write one sentence from the perspective of your work.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 15/30

CONNECT IT

What do you do differently because you care?

Identify one behaviour driven by care rather than obligation.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 16/30

CONNECT IT

Who benefits from your work beyond the person paying for it?

Map the people ultimately affected by what you do.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 17/30

CONNECT IT

Where did you create trust today?

Identify one action that made someone else's work, decision or experience easier.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 18/30

CONNECT IT

What did you explain instead of simply executing?

Note one moment when communication added value.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 19/30

CONNECT IT

When did saying "no" protect the work?

Write about one boundary, correction or objection that improved an outcome.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 20/30

CONNECT IT

What would have been lost if nobody had questioned it?

Identify one situation where questioning the default mattered.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 21/30

CONNECT IT

Your value is not only what you produce. What else is it?

Review Days 15-20 and identify three forms of value beyond output.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 22/30

GROW & PROTECT IT

What are you better at than you were one year ago?

Name one measurable improvement.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 23/30

GROW & PROTECT IT

What mistake taught you something you still use today?

Turn one past mistake into a lesson or working principle.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 24/30

GROW & PROTECT IT

What are you doing today that future-you will thank you for?

Identify one investment in knowledge, relationships, systems or yourself.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 25/30

GROW & PROTECT IT

What should you stop doing for free, silently or automatically?

Identify one contribution you need to acknowledge, communicate or reconsider.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 26/30

GROW & PROTECT IT

Where are you confusing effort with value?

Find one task where more work does not necessarily create more value.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 27/30

GROW & PROTECT IT

What deserves more of your attention?

Choose one high-value activity you want to protect.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 28/30

GROW & PROTECT IT

What deserves less of your energy?

Choose one low-value activity you can reduce, automate, delegate or stop.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 29/30

ACT ON IT

If you valued your work more, what would you do differently tomorrow?

Choose one concrete behavioural change.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

DAY 30/30

ACT ON IT

Thirty days later: can you see your value differently?

Read Day 1 again. Write what changed, what surprised you and what you will do next.

MY EVIDENCE / EXAMPLE

WHY IT MATTERED

WHAT THIS TELLS ME ABOUT THE VALUE I BRING - OR WHAT I WANT TO DO DIFFERENTLY

Can you see your value differently now?

Read your answer from before Day 1, then skim the evidence you collected. Do not look for a perfect transformation. Look for patterns, language you can reuse, decisions you want to protect and contributions you had stopped noticing.

Three things I understand differently

The value I had been underestimating

One boundary I want to protect

One contribution I want to communicate better

If I valued my work more consistently, what would I do differently next?

NOW ANSWER THE STARTING QUESTION AGAIN: HOW WOULD YOU DESCRIBE THE VALUE YOU BRING TO YOUR WORK?

What did 30 days of looking for value change for you?

You are invited to share your conclusion after the challenge. Your daily answers can stay private. Share only what you are comfortable sharing.

If you want to send me your conclusion, choose how it may be used:

- ☐ You may quote me and tag my LinkedIn profile.
- ☐ You may quote me anonymously.
- ☐ Please do not repost my words.

NAME / LINKEDIN PROFILE, IF YOU WANT TO BE TAGGED

MY CONCLUSION IN ONE PARAGRAPH

This challenge was inspired by *Value Mindset*, a book about trust, impact, sustainable collaboration, human expertise and AI in translation and localization. The workbook is designed to stand on its own, but if it helped you see your work differently, the book continues the conversation.

Thank you for taking part.

Book: *Value Mindset: Trust, Impact, and Sustainable Collaboration - Human Expertise and AI in Translation and Localization* by Gabriela Kouahla. Scan the QR code to view the eBook.

