

My UX Learning Journal

**A Guided Journal for Aspiring UX Designers or
Early Career UX Professionals**

John James

**Hey. I'm John from
FreeUXSchool.org**

**I created this because I
would have enjoyed a
resource like this when I
started learning UX. I hope
this journal helps you on
your UX journey.**

**Feel free to print this out if
you'd like. Have fun! :)**

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Identify your motivations and goals.

Address your doubts and fears.

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Create a plan for how much time you'll
dedicate to learning UX each week.

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Keep track of important words, phrases
and concepts you learn related to UX.

Dream Jobs.....23

List your dream jobs and explain why
you think they're awesome.

Project Ideas.....25

Keep track of potential project ideas.

Notes.....27

Write detailed notes about what you've
learned.

Set the Stage

Why do you want to learn UX?

What are you excited for?

What will keep you motivated to keep learning even when you're tired?

What are some things you're nervous about and why?

What are your most common excuses you make for yourself?

Come up with a solution to those excuses listed above.

Write a letter to yourself filled with encouragement that you can make it into UX. Be real with yourself.

Dear,

Sincerely,

Schedule

Plan how much time you'll dedicate to learning UX

Day of the Week

How much time will you dedicate to learning UX?

Glossary

Keep track of the new words and phrases you learn. Keep definitions short and simple

Word/Phrase	Definition

Word/Phrase

Definition

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Definition

Dream Jobs

List your dream jobs and explain why you made that choice.

Company

Why?

Company

Why?

Project ideas

Write down your ideas for different UX projects. Include details.

Idea	Details

Idea

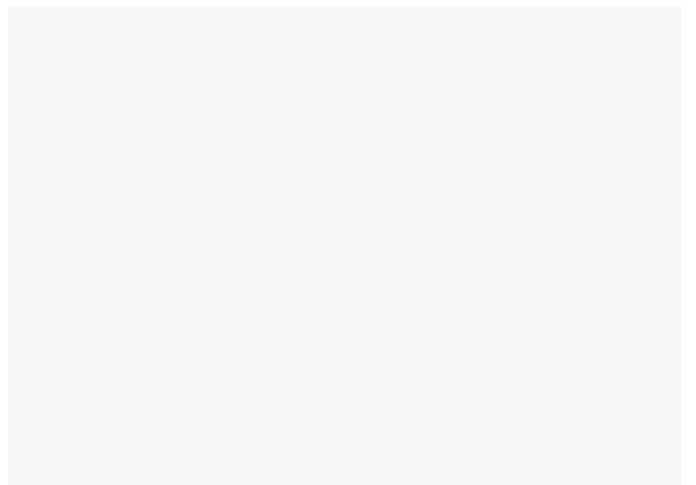
Details

Notes

Write notes about what you've learned. Draw a small picture to help you remember.

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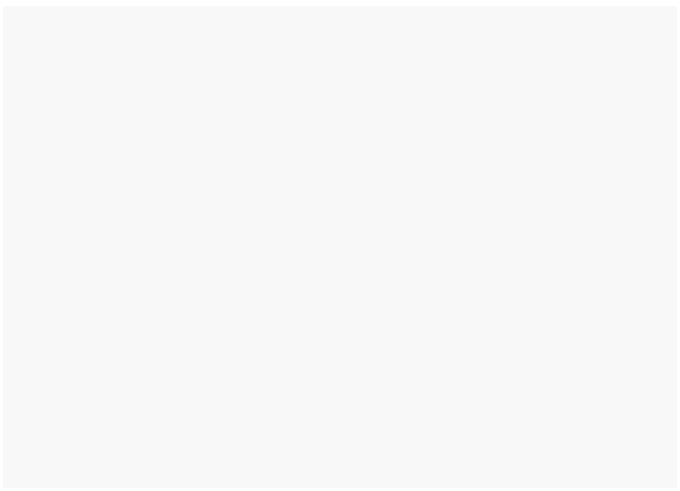
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Name: _____	
Address: _____	
City: _____ State: _____ Zip: _____	
Phone: _____	
Email: _____	
Date: _____	
Time: _____	
Section 2: Survey Questions	
Q1: _____	Q2: _____
Q3: _____	Q4: _____
Q5: _____	Q6: _____
Q7: _____	Q8: _____
Q9: _____	Q10: _____
Q11: _____	Q12: _____
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Q155: _____	Q156: _____
Q157: _____	Q158: _____
Q159: _____	Q160: _____
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Q309: _____	Q

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Section 1: General Information	
Name: _____	
Address: _____	
City: _____	
State: _____	
Zip: _____	
Phone: _____	
Email: _____	
Date: _____	
Time: _____	
Location: _____	
Weather: _____	
Notes: _____	
Signature: _____	
Print Name: _____	
Title: _____	
Organization: _____	
Contact: _____	
Reference: _____	
Comments: _____	
Remarks: _____	
Observations: _____	
Conclusions: _____	
Recommendations: _____	
Follow-up: _____	
Status: _____	
Action: _____	
Result: _____	
Feedback: _____	
Evaluation: _____	
Assessment: _____	
Analysis: _____	
Synthesis: _____	
Application: _____	
Implementation: _____	
Monitoring: _____	
Reporting: _____	
Documentation: _____	
Communication: _____	
Coordination: _____	
Collaboration: _____	
Participation: _____	
Engagement: _____	
Involvement: _____	
Contribution: _____	
Impact: _____	
Outcome: _____	
Achievement: _____	
Success: _____	
Completion: _____	
Closure: _____	
Final: _____	
End: _____	
Close: _____	
Farewell: _____	
Goodbye: _____	
Adieu: _____	
Au revoir: _____	
Until next time: _____	
See you soon: _____	
Take care: _____	
Stay safe: _____	
Be well: _____	
Good luck: _____	
Best wishes: _____	
All the best: _____	
With love: _____	
With care: _____	
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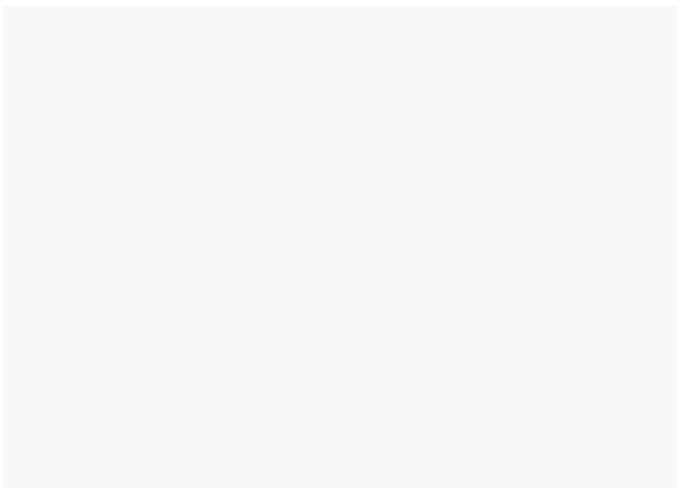
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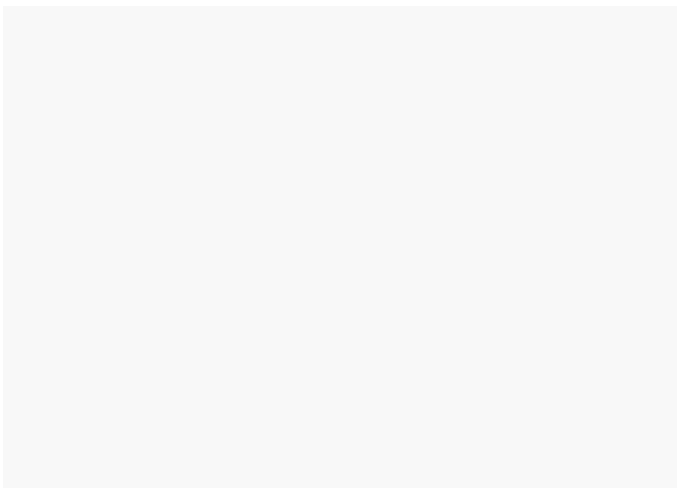
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