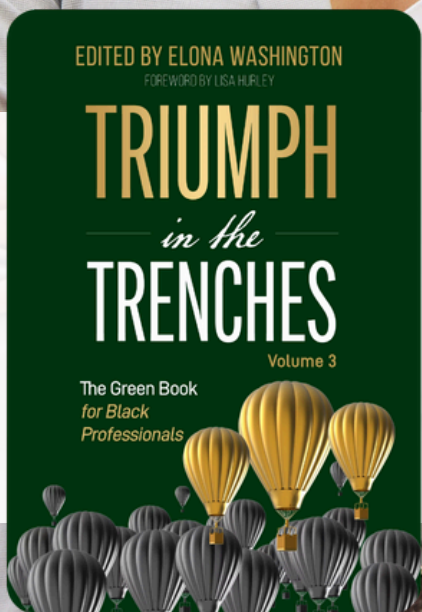




LEADERKEYS™
CONSULTING

keys to
triumph



THE INNER WORK OF TRIUMPH:

A CAREER REFLECTION JOURNAL

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keys to *triumph*

Note: If you decide to print this digital journal, we recommend printing single sided.

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If you would like to distribute this journal, please contact Latrice@LeaderKeysUnlocked.com before proceeding.

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This journal is your space to pause, breathe, and get honest about your career journey. Each page is an invitation to turn knowledge into wisdom, and experience into empowerment. You have spent years working to prove your value – this is where you reclaim it.

How to Use This Journal

This isn't about perfection, it's about presence. You can use it daily, weekly, or whenever you need a reset.

- **Start with Intention:** Choose one section (Performance, Potential, Succession, Sponsorship, Growth, or Triumph).
- **Listen:** Play the corresponding affirmations or the Keys to Triumph playlist to set your tone.
- **Reflect:** Use the prompts to explore where you are – emotionally, mentally, and professionally.
- **Record Your Growth:** Note your wins, your boundaries, your lessons learned.

Each reflection is a seed. The more you write, the clearer your voice becomes.

You are not behind – you are becoming. You are not waiting to be chosen – you are already called. And you are not here just to survive – you are here to thrive.

After each journaling session, ask yourself: "What's one step I can take this week to align my career with my peace?" Then take it – even if it's small. That's how triumph begins.

This journal isn't about who the world says you should be. It's about remembering who you already are.

So, grab your pen. Get honest. And unlock your next level.

Latrice Torres

Authentic. Unapologetic. Triumphant.



performance & ownership

Every achievement tells a story – and it's time you tell yours with pride.

Performance isn't just about outcomes; it's about authorship. You have the right – and responsibility – to own your results, document your wins, and step into every space knowing the value you bring.



WHEN WAS THE LAST TIME I CONFIDENTLY ARTICULATED THE IMPACT OF MY WORK — NOT JUST WHAT I DID, BUT WHAT CHANGED BECAUSE OF IT?

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WHAT STORY DO MY RESULTS TELL ABOUT ME — AND HOW CAN I MAKE SURE IT REFLECTS MY GROWTH, NOT JUST MY GRIND?

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WHERE HAVE I ALLOWED OTHERS TO DEFINE MY SUCCESS, AND HOW CAN I TAKE THAT NARRATIVE BACK?

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HOW CAN I PREPARE FOR MY NEXT REVIEW OR CONVERSATION WITH DATA, RECEIPTS, AND CONFIDENCE IN MY VOICE?

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calibration & potential

You are not defined by someone else's
assessment of your worth.

Build language, strategy, and confidence to
navigate the unseen conversations that
shape careers. Create your toolkit for
ensuring your name is mentioned in rooms of
influence – not as a footnote, but as a force.



WHO CURRENTLY SPEAKS FOR ME WHEN I'M NOT IN THE ROOM — AND DO THEY TRULY KNOW MY VALUE?

HOW CAN I MAKE MY POTENTIAL VISIBLE BEYOND MY CURRENT ROLE OR TITLE?

WHAT LIMITING LABELS HAVE I ACCEPTED, AND HOW CAN I REPLACE THEM WITH LANGUAGE OF POSSIBILITY?

WHEN DECISIONS ARE MADE ABOUT OPPORTUNITIES, WHAT PROOF POINTS CAN I ENSURE ARE TIED TO MY NAME?



succession & aspiration

Your next chapter begins with a decision –
not a promotion.

Own your ambition out loud, prepare
intentionally for your future, and rewrite the
narrative of “readiness.”

Because leadership doesn't wait for
permission – it's activated by purpose.



WHAT DO I TRULY ASPIRE TO IN MY CAREER — AND HAVE I SAID IT OUT LOUD?

HOW AM I PREPARING TODAY FOR THE ROLE I WANT NEXT?

WHAT INTERNAL OR EXTERNAL BARRIERS HAVE MADE ME QUESTION MY READINESS — AND HOW CAN I DISMANTLE THEM?

WHO CAN I ALIGN WITH TO MAKE MY ASPIRATIONS VISIBLE, INTENTIONAL, AND STRATEGIC?



mentorship & sponsorship

You were never meant to climb alone.

Connection is currency. It's time to cultivate relationships that both nurture and advocate for your success – mentors who pour into you and sponsors who pull you forward.

Because your brilliance deserves both guidance and access.



WHO HAS GUIDED ME ON MY JOURNEY — AND WHO HAS ADVOCATED FOR ME?

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HOW CAN I INTENTIONALLY BUILD RELATIONSHIPS THAT BOTH SUPPORT AND ELEVATE MY GROWTH?

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WHAT VALUE DO I BRING TO MY MENTORS AND SPONSORS IN RETURN?

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HOW CAN I BECOME A MENTOR OR SPONSOR TO OTHERS, CREATING A CYCLE OF EMPOWERMENT?

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development & growth

Growth isn't a reward—it's a responsibility to yourself.

Stretch, invest, and evolve.

Whether it's mastering new skills, pursuing opportunities, or simply choosing yourself, you'll be reminded that development is not optional—it's sacred work.



WHAT NEW SKILLS OR EXPERIENCES WOULD STRETCH ME TOWARD MY PURPOSE THIS SEASON?

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WHEN WAS THE LAST TIME I INVESTED IN MY OWN DEVELOPMENT — FINANCIALLY, EMOTIONALLY, OR SPIRITUALLY?

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WHAT OPPORTUNITIES HAVE I TURNED DOWN OUT OF FEAR OR COMFORT, AND WHAT MIGHT HAVE HAPPENED IF I SAID YES?

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HOW DO I DEFINE “GROWTH” FOR MYSELF — BEYOND PROMOTIONS OR TITLES?

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healing & triumph

You've survived enough – now it's
time to thrive.

Honor the truth that success without
peace isn't success at all.

Explore what it means to rest,
release, and rise again – embodying
a version of triumph that centers
your wellness, joy, and wholeness.



WHAT PARTS OF MY PROFESSIONAL STORY STILL NEED HEALING OR CLOSURE?

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HOW CAN I HONOR REST AS A STRATEGIC PART OF MY SUCCESS — NOT A REWARD FOR EXHAUSTION?

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WHAT DOES “TRIUMPH” LOOK LIKE FOR ME NOW — AND HOW HAS THAT DEFINITION EVOLVED?

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WHAT PRACTICES HELP ME STAY GROUNDED IN PEACE WHILE I PURSUE EXCELLENCE?

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LeaderKeys

LEADERSHIP FOR BLACK WOMEN

You've reached the end of these pages, but not the end of your journey. Every word you've written here – every thought, breakthrough, and pause – has been a step toward wholeness. The act of reflection itself is proof that you're not just surviving your career; you're shaping it.

You've looked inward, questioned long-held beliefs, and told yourself the truth about what you need, what you deserve, and what's next. That's not just growth – that's liberation.

Pause for a moment.

- Take a deep breath.
- Acknowledge how far you've come, not just in your career, but in your courage.

You've learned that healing is not weakness. Rest is not laziness. And success is not something you wait for – it's something you define, create, and protect.

Carry These Reminders Forward

- You are worthy of recognition, respect, and rest.
- You have the right to set boundaries and still be brilliant.
- You no longer need permission to lead, to thrive, or to take up space.
- Your value is not determined by a system – it's written in your soul.

Thank you for trusting me to walk with you through these reflections.

You've done the inner work. Now it's time to live your triumph.

Latrice Torres

Founder, LeaderKeys™ Consulting
Co-Author, Triumph in the Trenches: The
Green Book for Black Professionals, Vol. 3

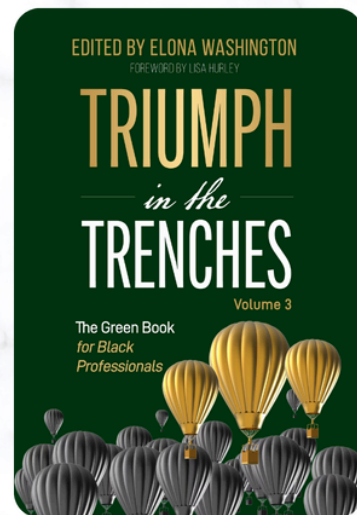




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You've done the work –
reflected, healed,
reclaimed.

Your story is power, your
growth is sacred, and your
triumph is yours to define.
Walk forward with clarity,
confidence, and peace –
fully aligned, fully seen,
and unapologetically you.



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