

The Sustainability Research Journal

Week n. ...

Ambition for a significant change that would make my work either more meaningful or more sustainable.

[Start of the week] Describe the ambition and how it would affect your work and your working environment.

[End of the week] Report whether you did something to realise that ambition and if you did how did it go, what were the reactions.

Small actionable changes

[Start of the week] Describe a small change that you can try to put in practice to make your work more sustainable or more satisfying.

[End of the week] Report whether you did something to enact the change, and if you did how did it go, what were the reactions.

Subjective report – my research related feelings (fill at the end of the week)

(Which feelings have been prevalent this week? Consider feelings like satisfaction/frustration, hope/fear, excitement/anxiety, empowerment/powerlessness, self-confidence/sense of inadequacy, integration/alienation, joy/sadness).