

## Start Taking Action Now

Just learn to manage the process of finding a job— the result will take care of itself.

You need passion, intensity and enthusiasm.

What matters is your ability to organize and institute an effective job search that is going to get you employed as soon as possible

Being passionate about finding a job means that you don't postpone the start of your job search in any way. Approach the job search like it is your job—a 24 hour a day – 7 days a week—365 days a year endeavor to finding a job.

Searching for a job is an emotionally stressful experience.

You will be depressed, dejected, rejected, refused, denied, lied to, ignored and forgotten.

## Attitude

You have a choice in your attitude—either positive or negative, optimistic or pessimistic.

Success Line is much longer than the setback line: put this temporary experience of being unemployed into perspective; based on living about 80 years, you will have been unemployed a total of a year or more.

Success

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Setback

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You will find a better job more quickly and have less anxiety about the process the sooner you get a positive attitude.

So— accept your present situation and realize you will grow from it. If you are rejected after an interview—you'll rebound more quickly with a positive attitude. Put the experience into perspective and get beyond it.

You must associate numbers to the goal ; a certain number of interviews in a week; you need to include time limits.

An example: “By December of this year, I will be with a new company”

Please write some goals using the SMART model:

1)

2)

3)

4)

5)

## Goals and Intentions need to be SMART

S: specific and simple, stated in the present with sensory based language

“I see myself getting 5 interviews a week. I can hear the sound of a hiring manager making an appointment to interview me. I feel the rush of success and anticipation for the opportunity to sell myself”

M: manageable, measurable and motivational: I can, I do and I feel

These are goals you can personally manage; it's a goal you get excited about that moves you to action and truly inspires you.

A: attainable and achievable; what I can control

You need to develop goals that can be attained and are within the realm of possibility relative to what you are capable of.

R: relevant and risk oriented; challenge, skill balanced, meaningful, a stretch, tough but doable

A goal that does not have risk is not a goal. The goal cannot be too easy to achieve.

T: trackable, and timed, measure the process and set dates of accomplishment

You must associate numbers to the goal; a certain number of interviews in a week; you need to include time limits.

An example: “By December of this year, I will be with a new company”