

A Day in the Life of a Job Hunter

Looking for a job is harder than working:

- Lack of structure in daily routine is magnified when you're unemployed.
- We are not motivated by the tasks that need to be accomplished daily in our job searching.
- There is procrastination to our activity creating guilt, self-reproach
- Stress levels increase you feel resentful, angry depressed.

The stress of job hunting:

- Financial issues could be a major issue
- The need to acquire stationary, travel for interviews having appropriate attire for interviews.....
- The need to please everyone around you will take you away from the job hunting
- Not being effective in the job search can lead to feelings of inadequacy fear of failure hopelessness
- In order to deliver your best you need to be healthy and motivated about your job search

Developing a job search plan:

- Make a Plan – stick to your schedule/routine – do small manageable tasks, with a working time limit on completing the task
- Identify you priorities: define your tasks and when it is best to do them. Maximize your own daily energy patterns
- Know when to stop. Put things down and walk away find something that relaxes you go for a walk, reading, hobbies, time with family and or friends
- Manage those around you, keep family members in the loop, share household chores, family become your job hunting partners
- Join a job searching group
- Manage your emotions don't dwell on the negative. Thinking positively and being able to deal with difficult issues will aid you in your war against stress.
- Devote a minimum of 4 hrs. per day to the job search
- Take life one day at a time.
- Complete something positive everyday re: job search and personal development

Suggested strategies for developing your PLAN

- Connect with a mentor, someone to review activity and goal setting

- Identify strategic goals for each day of your search e.g. # contacts, # of applications
- Read trade journals keep up to date on industry and market trends
- Communicate with peers from your career of choice to keep up to date on issues and networking

“Yesterday is gone. Tomorrow has not yet come. We have only today.
LET US GET STARTED.”

Mother Teresa (1910-1997)