



# Job Search: 9 Tips to Stay Motivated

*When the going gets tough, here's how tough job seekers keep going.*

Finding a job can seem like a Herculean task—not to mention, frustrating—to focus so much effort into something without seeing many results. Though it can be hard to stay motivated while out of work, it's essential to remain focused on your ultimate goal: finding employment. To help refuel, regroup, and keep on track, stay active, seek assistance, and mind your personal well-being.

## 1. Keep your eye on the prize

Put together a description of your dream job and hang it in a prominent place, perhaps near where you typically search or apply for jobs. Visuals help: every time you set your eyes on your dream job description, you'll be reminded of what you are working toward.

## 2. Accept that no man is an island

No one reaches his or her goals without some help and guidance. Occasionally, we all need to seek assistance from those around us. When looking for a job, talk to friends, family, alumni, and advisors at your school. In addition to providing emotional support, they can also contribute new ideas and insight on how you can better go about your search.

## 3. Carpe diem

Make an effort to leave the house every day. Go to a coffee shop, lecture, or an interview—you'll feel productive and the change in scenery will be valuable. Plus, you never know where or when you might meet someone who can direct or lead you to your next position.

## 4. Give back

When you're down on your luck, thinking of others isn't always at the top of your mind. However, volunteering during your job search can actually be a very uplifting experience. Being around other volunteers who are typically positive and upbeat will help raise your spirits. Plus, volunteering connects you with the community, creates contacts, makes you feel good about your actions, and provides perspective—all great help to any job search.

## 5. Avoid misery that loves company

Steer clear of situations or people that will bring you down. Instead, surround yourself with the company of positive and motivated individuals, particularly those who are currently employed. Time spent with cheerful people will make you feel happier, and that positivity will show during your interviews and while networking. Plus, being with working professionals helps keep you connected with your industry.

## 6. Set realistic expectations

Be realistic about the amount of time and effort that it will take to find a job. Looking for a job is a full-time job in itself, so plan on about 40 hours a week job searching. If you do not find a job within the first few months of looking, realize it is not necessarily a reflection on you. But know that you will need to redouble your efforts.

## 7. Do something for yourself daily

Spend time doing things that make you happy: meet with friends; go for a walk; meditate; buy a new interview outfit; exercise. Monitor your mental and physical well being. Sleep, eat well, and develop a personal support system to help you through this rough patch.

## 8. Celebrate small victories

Give yourself credit for small successes like scheduling a phone interview, getting good feedback on your résumé, or meeting new contacts. Each small victory means you are one step closer to reaching your goal.

## 9. Take a break

Designate one day a week when you don't think about the job search. That mental timeout can help you stay motivated to look for work the other six days and reach the light at the end of the tunnel.



### **i** n a nutshell:

You can't predict when you'll be hired. But you can prepare yourself for the ups and downs until you are:

- **Envision your dream job and don't lose sight of it**
- **Seek assistance from your network of family, friends, and professional contacts**
- **Accept that job searches take time; be realistic; some things are out of your control**
- **Persevere and be proactive**
- **Find inspiration in volunteering**
- **Celebrate small victories, and remember to recharge your mind and body.**

"People often say that motivation doesn't last. Well, neither does bathing, that's why we recommend it daily."—Zig Ziglar