

## GET EXCITED ABOUT IOB SEARCHING



Summary: The job search can be a fun time if you take these steps to make the experience light-hearted and enjoyable.

The process for finding a new job is underway. You have a list of jobs to apply for that not only match your qualifications and experience but you feel you are a great match for. The next step, writing the cover letters, is proving to be hard. Read these ten tips to find the energy and desire you need to jump into the next stage of the job hunt.

- 1. Start the day off right- Get a good night's rest so you wake up refreshed and not groggy. Eat a healthy breakfast with protein and then go for a walk or workout, all while listening to your favorite inspirational podcast.
- 2. Find a spot to work- Look for natural sunlight with minimal distractions. You know how and where you work best so find someplace that matches that
- 3. Set goals- Write down the old-fashioned way your goals for the day, week, month or even year. These goals will help give you a clear plan for the day and of what needs to get accomplished. Keep the goal(s) displayed someplace that you will regularly see them.
- 4. Take advantage of social media- Perhaps you are a Pinterest user so go about creating an inspiration board filled with career role models, quotes, first day outfit ideas, etc. Or maybe Instagram is more your style. There are plenty of inspirational accounts to follow that can boost your confidence before writing those cover letters.
- 5. Treat yourself- Get a special drink from your favorite coffee shop or something else as a reward for diligently filling out application after application.
- 6. Get your own noise- If traffic noise or your other background noise is getting to you, play some of your own ambient noise that gets you back in the groove to work.
- 7. Be silly- Find something that gives you some inspiration in a silly way. A motivational widget or dancing toy that you can push each time you complete an application, email, or phone call breaks up the tedious work.
- 8. Read your "pick-me up" notes- Everyone keeps a file or box of notes or emails from friends and coworkers that pick us up on a bad day. Read through the notes to feel good about your abilities and build some more confidence.
- 9. Laugh- Watch a funny clip on YouTube that will brighten your day, or at least brighten your smile.
- 10. Bring a friend- It never hurts to have another set of eyes to look over your applications and brainstorm even more powerful ways of discussing your qualifications in the cover letter.

Photo: pinterest.com

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