

Webinar: How to Motivate Yourself in Today's Job Market - Worksheet

Learn more about how to use the Emotional Guidance Scale [here](#).

Strategies to work up the Emotional Scale:

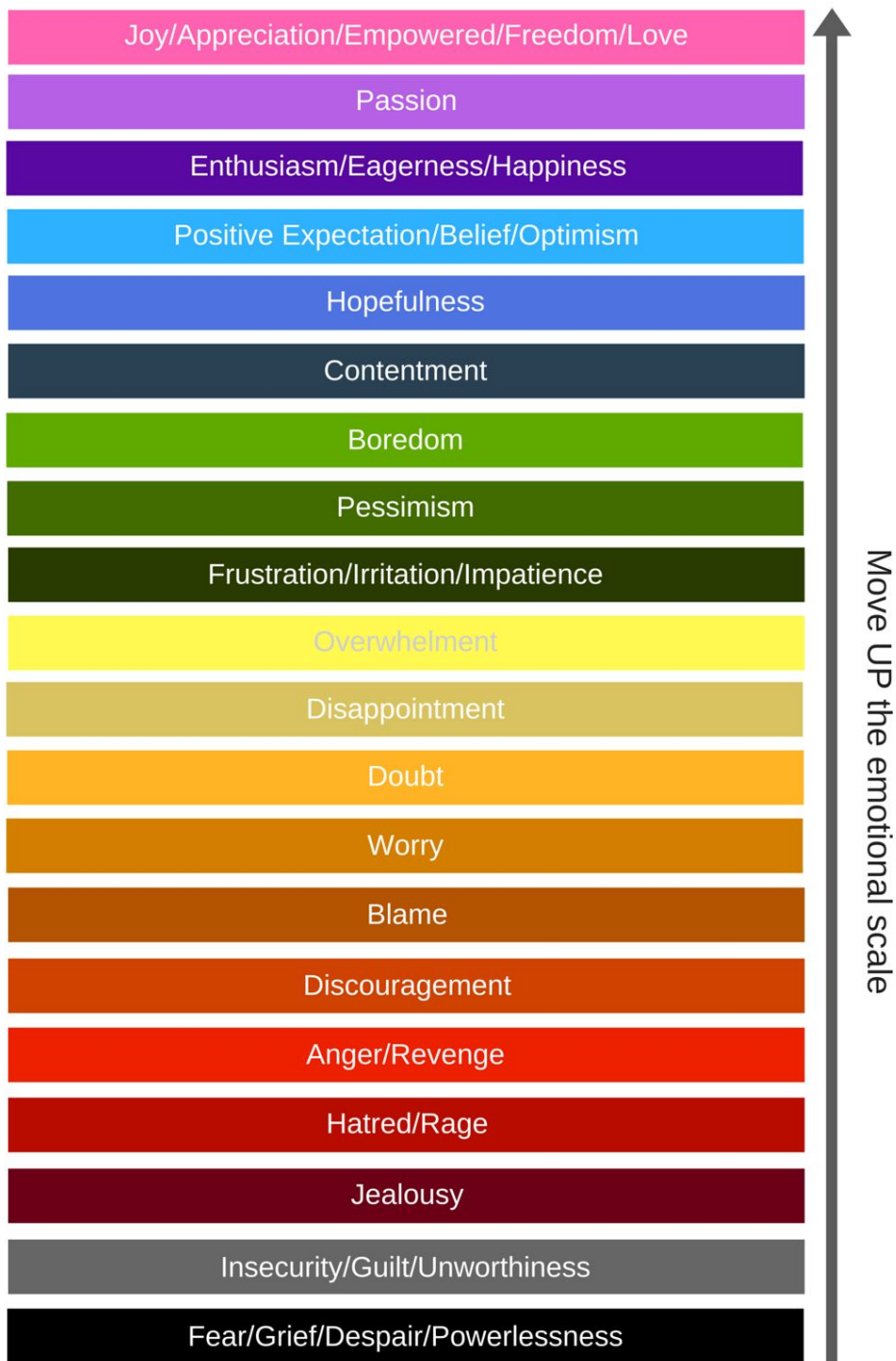
- Daily gratitude practice - backed by [science](#). Having a practice puts you into a better frame of mind.
- Do things that bring you joy like nature hikes, creative writing, fun, playing with your pet.
- Do something nice for someone else (write a recommendation on LinkedIn for someone you used to work with) or perform random acts of kindness.
- Make a list of your professional/personal accomplishments in each job you've had in your career and life - and refer to it often.

For more ways to work up the scale, there are additional ideas and resources [here](#).

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Mindset Shifts:

- **Knowing that finding a job is just temporary. This too shall pass.** It's a moment in time where you are growing and learning about your strength and resilience. Think back on your past when you were trying to find a job and the process and time it took to land it. It all worked out back then and it will work out this time, too. Think about your strength back then. Think about the steps you took to get there. Can you repeat that? There are clues in the past. Think one year into the future and you've landed in a dream role and looking over all that's past. What story do you want to be telling others about your journey?
- **Learning how to accept rejection** and making rejection part of the process. It's redirecting you where you need to go and one step closer to a yes. Don't wallow too long in the rejection too long. Don't take it personally. Ask the interviewee for constructive feedback (often you won't get it), but you can *create an empowering story of why you didn't get it*. Reflect and analyze the whole interview process and figure out how you can do better next time.
- **Do some visioning / journaling exercises.** Envision yourself landing in your dream role, feel what it's like when you hear the words, "You're hired!", or "We want to make you a competitive job offer!" Feel what it feels like in your body. Envision what it feels like to be making a difference in your new role everyday. What kind of people are you working with? Is it a creative environment? Are you working remotely? Do you get to travel? Are you in a leadership role? What kind of impact are you making throughout your work day?
- **Get in touch with your WHY.** Obviously, we all need a job to support ourselves, but it goes deeper than that. Is your why to support your family, educate your kids, be a role model, be in service to humanity, save the planet - being clear on your why is a MASSIVE motivator!
- **Connect to your Future Self:** this is part of yourself that is unstoppable, who has wisdom to share with you, who is calm and wise and knows you have what it takes to get to where you are going. I have a free Future Self Visualization kit. Download it [here](#).

Find a Strong Support System

- **Surround yourself with positive people.** Perhaps those who have landed in jobs already or doing what you want to be doing. *"Surround yourself with people that inspire and encourage positive change in your life. Build a team in which you can work together to support each other and build better lives."* — Avina Celeste

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- **Know that you aren't alone in this.** Put your team together. Work with a career coach, find a mentor, find an accountability partner and join forces to make things happen quicker than they'd happen on your own .
- **Join LinkedIn networking groups.** Here are 6 LinkedIn groups you can join, but there are so many groups specific to your industry so do some searches and find your people.
 - [Career Networking - Tools & Tips](#) - A community of individuals and business leaders who are passionate about their career growth and success while helping others to succeed, too!
 - [Jobs Alert](#) – Job search group for middle and senior-level managers worldwide.
 - [JobsDirectUSA](#) – Official job search group on LinkedIn for JobsDirectUSA.com.
 - [Career Rocketeer / Job Search + Career Network](#): Career Rocketeer is the official portal for all go-getters, self-starters and challengers of the status quo who recognize the need to refuel on their flight to job search success and career fulfillment.
 - [A Job Needed](#) – A Job Posted – Group is for all LinkedIn members searching for employment, posting employment or recruiters helping members find employment.
 - [Project: Get Hired!](#) – Motivational support group exclusively for job hunters to share creative strategies and stay motivated.
 - [Job-Hunt Help](#) – Discussion group for job seekers sharing advice and leads and networking to help one another.

Tips For Staying Motivated

Get organized, find a system that works for you. Get networking!

The biggest mistake I see job seekers make is they spend too much time applying for jobs online - sometimes 80-90% of their time is spent online and only 10-20% is spent networking.

Those numbers should be flipped!

- 40% of hires come from referrals, the next largest channel is via career sites at 21% (almost half as many!)
- Referrals get hired in an average of 3 weeks while other applicants take up to 7 weeks
- Referrals get paid more on average than cold applicants ([source](#))

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CREATE STRUCTURE in your week. Sample schedule.

- **New Opportunity Monday** adding 2 new dream companies and roles to your job search roster. Set up Google Alerts. Do you know anyone who works at these companies? Scour LinkedIn. See what kinds of opportunities are available. If there isn't one, could you create one? Find the hiring manager on the team you'd like to be working with. (research based)
- **New Outreach Tuesday:** find new connections via LinkedIn and your professional network at these new dream companies. Connect and send thoughtful connection requests. Don't ask, just connect. (See HOW TO GET A JOB ANYWHERE WITH NO CONNECTIONS [resource](#) for strategy). Join LinkedIn groups specific to the target industry and roles.
- **Follow up & Apply Wednesday:** follow up with contacts and jobs you haven't heard back from and apply for 2 new jobs based on your research on Monday and Tuesday. Tapping into the "Hidden Job Market" (those roles in companies that aren't advertised).
- **ReConnection Thursday:** Reach out to 3 people from previous roles & even friends each week for Zoom chats. Be sure to share what you are looking for and offer your help for them, too! Networking is a two way street. Always ask for what they need too. Schedule networking happy hours. be the organizer and strategic that way you can craft who will be on the calls. Or schedule In person Networking events (if applicable). Join one relevant professional organization.
- **Wellbeing and Learning Friday:** Make time for self care whether that's meditation, yoga, nature walks, art, fun, right brain activities. **Learn new skills:** what would complement your existing skills? Take a class online. Udemy or Coursera might have what you're looking for. **Volunteer:** strategically find a place that is relevant to your career volunteer while you are job searching. It will make you feel good and you can put this on your resume and networking at the same time!

On-Going self care practices during your job search

- **Get a good night's sleep** - a good 7-8 hours. Your mind and body needs proper rest to have a productive day.
- **Diet and nutrition** - be aware of the food you're eating and how it affects your energy levels. Reduce alcohol consumption (affects your focus, energy levels, mood).
- **Drink plenty of water throughout your day** - stay hydrated, drinking water significantly affects energy levels and brain function.
- **Give yourself permission to take a break when you need it** - if you feel burnt out, acknowledge it and take a break to meditate, go out for a walk, explore your creativity, call a friend.

- **Work in exercise/movement daily** - get up and do some lunges or jumping jacks. Go for a run or a bike ride. Get the blood flowing.
- **Create mantras/affirmations** to raise your vibration! ("I am completely energized to find my perfect job.") Read more affirmations [here](#).
- **Post your mantras/affirmations** around in your work area, on the bathroom mirror, kitchen, etc. The more you see it the more it sinks into your subconscious.
- **Make your work area more Zen-like** - Clean up and organize your work space at the end of every day so you can begin work in a clean, organized space.

You've totally got this! I believe in you! Kori :)

P.S. And, whenever you're ready... here are 4 ways I can help you get unstuck and grow into your purpose driven career:

1. Watch a free Masterclass: Clarify the fastest path to land a more fulfilling and purposeful career & beyond. Identify any limiting beliefs and self sabotage patterns so that you start creating an inspiring vision of your future dream career plus learn how to implement the 4-step game plan our clients are using to create a career that they actually look forward to everyday and a solid plan to achieve it. Watch the free Masterclass right here >>> [Click Here](#)

2. Download my "Purpose Driven Career Quiz" workbook

If you're struggling to figure out what you want to do next career-wise, then download my new workbook "Purpose Driven Career Quiz" to see just how far (or how close!) you are to landing a purpose driven career! >>> [Click Here](#)

3. Join our FREE Purpose Driven Careers Facebook Group and connect with other driven professionals who are learning how to make the impact, earn the income, and create the freedom they desire in their life and career >>> [Click Here](#)

4. Work with me privately

If you'd like to work directly with me to build a career of your dreams, just schedule your complimentary Career Strategy Breakthrough Call with me so we can clarify your fastest path to finding and landing your dream role and create a strategy for you to make it happen. Apply for your FREE call with me here >>> [Click Here To Apply](#)