

# Stay Motivated During Your Job Search

By Taunee Besson  
Courtesy of oxygen.com

A job search can be an emotional roller coaster. One day you feel like you've conquered the world, and the next day you feel like crawling under a rock! Fortunately, there are a variety of ways to temper the low moments and focus on finding your next position. Below are some techniques my job-seeking clients think are particularly useful.

1. **What's your idea?** Before you start looking for a new job, put together an ideal job description. Then concentrate on finding the closest real-world match. Don't waste your time on unsatisfying, "just OK" opportunities.
2. **Set Goals.** Develop a systematic approach for your job search. Determine the approximate employment date. Then, schedule things to do each day to advance your objective. Being able to cross items off your daily to-do list will provide tangible rewards on the way to your ultimate goal.
3. **Think Positive.** Try using word or picture affirmations to keep your brain thinking positively. Imagine yourself acing an interview, accepting a job offer or managing an exciting project in your new position.
4. **Have Fun.** Plan time to nurture yourself. When your career is in temporary disarray, it's important to focus on satisfying topics such as your hobbies, time with people you love or a great book. Most of us play many roles. Concentrating on the ones you most enjoy will lift your spirits and remind you there's more to life than a job.
5. **Ask for Help.** Ask your friends and family for their support. Suggest specific ways they can help you conduct a successful search, from praising your capabilities to editing your resume.
6. **Volunteer.** If you currently have no volunteer commitment, find one. Fulfilling the needs of others can raise your self-esteem, remind you of how lucky you are and offer potential networking opportunities. You never know who you might find working beside you at the regional food bank.
7. **Team Up.** Join a job club sponsored by a local church or professional organization. Teaming with other job-seekers will help all of you stay motivated and expand your network.
8. **Get Professional Help.** Work with Mesa College Career Center or attend a job-search workshop.