

CareerAlley: 7 Motivational Keys for Job Seekers

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FULL TEXT

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It is so vitally important for job-seekers to stay motivated during their job search. Recruiters and HR professionals are extremely adept at sniffing out those candidates who lack motivation and eliminating them from the candidate pool. Remember that even the most self-assured job seeker has to continuously push themselves to stay motivated during this time. No matter how long it takes you to secure your next great career opportunity, every job seeker needs to stay motivated and inspired during this time. If you are about to embark on a job search or career change journey remember these simple tips to stay encouraged when looking for a new job.

#7 Visualize Your job search Success

The best way to boost your job search motivation is by visualization. Hold a fixed picture of your desired job search outcome in your mind's eye. The more clearly you visualize a positive outcome, the sooner this outcome will occur. It is said that the energy that you put into your job search is what you get back, almost like Karma. Use positive affirmations and visualizations to secure positive job search results.

#6 Don't Take Job Rejection Personally

Let's face it; as much as we'd like to disagree, there is always someone out there who can do a better job than you. While this may sound really negative, it is in fact a drive that motivates us all. Healthy competition is what forces us to get back up, dust ourselves off, and try again. Job rejection is a sure way to send you and your motivation packing. The trick to looking for a new job is not to take application rejection personally. Recruiters and employers have a very specific picture in their head about the person they want to hire. It may be something small or relatively significant that deters a Recruiter from shortlisting you. While this may not be pleasant, although this job application may not have worked out, there is one out there with your name on it. Try to get feedback as to why your job application was unsuccessful. By identifying areas where your application is weak, you are able to work on these areas and improve them for future job applications.

#5 Use Your Job Applications To Keep You Motivated

Keep a record of each job application you make when looking for a new job. Use this list of leads as a motivator during your job search. By referring back to the leads you have pursued, not only will you be motivated by your effort, but you will also have a comprehensive list to refer to when contacted.

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#4 Manage Your job search Stress Levels

Job hunting is not an easy task for any job seeker. Staying motivated during this time is probably the hardest part of the job search process. Stress and motivation are like oil and water; they just don't mix. In order to maintain any form of drive focus and motivation, your stress levels need to be managed. When trying to maintain a positive outlook when searching for a job, you need to eliminate stress from your vocabulary. By exercising, a healthy diet, and a reliable form of stress outlet, you will maintain the motivation required to keep hunting for a great job. Once stress has possessed you, a positive attitude and sustained job search drive are impossible. Eliminate unnecessary stress and as quoted by the book, "don't sweat the small stuff".

#3 Follow Up with Recruiters for Further Encouragement

Once you have applied to a position the one thing sure to squash your job search motivation is wondering about your results. In order to avoid having all focus removed from your job search drive, after five working days from application follow up with the Recruiter. Send a courteous and polite e-mail expressing further interest in the job you have applied to. Request constructive feedback regarding the result of your resume submission. Also, suggest a possible date when you would be available to meet the employer for a job interview. By practicing a follow-up strategy with all of your job applications, you are guaranteed to maintain your job search motivation.

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#2 Set a Time Limit to Your job search Sessions

Stay motivated during your job search by assigning a set time limit in which to process your job searches. It is one thing to leave no stone unturned when looking for a new job, but don't exhaust all of your resources in one sitting. Set a time limit in which to run job searches during for example an hour or two hours a day to run searches. It is not the quantity of job opportunities you apply to where you will find your dream job, but rather through quality job searches. Stay motivated and avoid job search burnout by running quality job searches during a focused time period.

#1 Schedule a job search Time Table

Let's face it; the hardest part of the job search process is staying motivated through the process of searching, applying, and waiting to hear from the potential employer. Since there is no guarantee on the length of time it will take to find a new job, you need to be prepared to stay motivated! The number one thing you can do this is to schedule a job-search timetable for yourself. By assigning a specific time in which to run your job searches, you will encourage a positive job search attitude. Not only will you have allocated time according to your time management schedule to job hunt, but you will also remain focused on the other factors of your life that will need attention during unemployment.

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