

How do you stay positive in your job search?

March 28, 2011 By [George Fleming](#) Momentum Coaching Resources, LLC

Let's face it — looking for a job is a miserable experience for most people. You've built a successful career up to this point. You're respected within your sphere of expertise. You've posted terrific results. And now you feel you're on the outside of the work world, looking in. Employers don't respond to your online applications. Interviews feel more like auditions than dialogues. And you're feeling rejection on all fronts.

In the face of all this, you know you have to stay positive and keep your 'game face' on, but how do you do it?

A group of my clients discussed this recently and came up with a list of ideas you may find helpful.

1. **Look to the future.** Understand that you'll emerge from this experience and do meaningful work again. As Knute Rockne said, or might have said, "Never give up. Failure is not an option."
2. **Exercise regularly.** This is a process which can deplete you physically and emotionally. Exercise is vital to staying physically and emotionally healthy. And you don't need to pump iron or run marathons. Just a regular walk around the block can be a benefit. "Younger Next Year" is a terrific book that explains the benefits of exercise. I strongly recommend it to you. More at <http://www.youngernextyear.com/>
3. **Be honest with yourself about your job search effort.** Are you really working hard at your search? Or are you going through the motions by applying for a few jobs on line? A true job search involves getting out of the house and meeting with people — friends, acquaintances, former colleagues, new acquaintances, etc. This leads to point 4:
4. **Get out of the house!** You will be more positive if you get away from your computer. Meet people for coffee. Attend meetings – professional associations, employment networking groups, etc. Create a small group of fellow job seekers and meet regularly — not to gripe and complain, but to encourage and coach each other.
5. **Reward yourself when you have a productive day.** Nothing extravagant, but something that brings you pleasure. I had a client who would reward herself for a productive day by reading by the pool for an hour late in the afternoon. Maybe your reward is exercising! Hmm, points 2 and 5 are working in tandem to move you forward.
6. **Use time management to build a schedule.** Schedule the activities above, just like you'd schedule events/meetings at work.
7. **Do some volunteer work** — just a couple hours a week. Giving back to your community, even during this time of uncertainty in your life, will reward you in ways that will enrich you.
8. **Don't overwork yourself at this process.** I tell my clients that 4-6 hours of well-structured job seeking activities per day will move you forward in your search. If you're flogging yourself into working 10-12 hours a day at this, you'll simply run out of gas.

Bottom line: Maintaining a positive attitude is everything. Right now, your attitude is your most important resource.