

Toughest battle is inside your head

“By and large, the major difference between successful and unsuccessful job hunters is the way they go about their job hunt – and not some factor ‘out there’ such as a tight labor market.”

- Richard Nelson Bolles in ‘What Colour is your Parachute’

We KNOW that the most an employer will offer us is an opportunity. As jobseekers, we need to be “ready” to grasp that opportunity.

But not everyone is ready for that step. Sometimes we need a change of attitude to achieve success.

Outer changes always begin with inner changes of attitude.

If we think pleasant thoughts, we will probably feel happy. If we think unpleasant thoughts, we will probably feel unhappy.

Our life is directly affected by our thinking – our attitude.

We must learn to take responsibility for our attitude – for it is the one thing we have control over.

Longer-term job seekers can suffer stress and anxiety as a result of frustration, being unemployed or under-employed, struggling financially, applying for positions and receiving rejection letters or no replies, too much time with too little to do, missed social activities and feelings of rejection and non achievement.

It is both natural and healthy to think of problems – but when this type of thinking becomes repetitive and negative and affects our performance, or causes us undue stress, then it is a worry. It is pointless worrying excessively about things we cannot change.

If we feel that anxiety has taken hold of our thought processes and is beginning to affect our health, we really should discuss these issues with our closest friend(s) and GP.

Negative feelings should not be allowed to dominate our thoughts – no matter what the frustration levels are.

Thinking positively and staying motivated is a daily challenge that must be won on a daily basis or it will not be won at all.

We must recognize that change is an inevitable factor in our lives.

How we cope with change is important. If we spend too much time living in the past, we will spend too little time living for the future. We need to make change less of an obstacle and more of an opportunity.

An essential aspect of job hunting is optimism. A positive attitude usually precedes success.

Part of having a positive attitude is learning to like, accept and believe in ourselves; having a plan of action, a short-term plan and a long-term plan – for job hunting and other activities; updating our CV and fine-tuning our application letter skills; learning new skills; looking after ourselves physically and mentally, being pleasant to others and a little kinder and accepting of ourselves.

If we expect to fail – chances are we will fail.

If we expect to win – chances are we will win.

As the saying goes... A pessimist will see a calamity in every opportunity. An optimist will see an opportunity in every calamity.