

# CONFIDENCE & MOTIVATION

Starting or already on your job search?

Make sure you're getting the most out of your job search with our tips below to help keep you motivated and not lose confidence because there's always a job out there that's perfect for you.

## Set Goals

Start every day by deciding what you want to achieve by the end of it and make your goals SMART - Specific, Measurable, Attainable, Realistic, Timely.

Examples like:

- Update your CV
- Search online for 2 jobs and apply for them
- Email 5 contacts
- Make an appointment at a recruitment agency

## Learn from Your Interviews and Rejections

Don't get put off by rejections but find out what you can improve on by getting in touch for feedback with the people around you or employers and recruiters you've applied with.

## List Your Achievements

Reminding yourself of what you have accomplished in your career can boost your confidence.

Make a list of what you've done well, goals you've reached and successful projects you've played a part in.

## Look for Opportunities to Volunteer

Volunteering has many advantages. It gets you out and about, helps build new skills, builds networking opportunities and is something positive to add to your CV. You can access opportunities locally and online.

## Focus on the Things You Can Control

There are many things that we have no control over when searching for a job. Things like, the job market, the economy, industry trends and even where you live. Try to focus on what you can do to improve your situation.

- Sign up for an online course
- [Sign up for local courses](#)
- Find an interview coach
- [Strengthen your online networks](#)

## Take Time Out

Take a break, have a coffee, go for a walk, talk to a friend, see your family. Remember this is temporary and you are going to be successful in your job search.

