

IS YOUR SELF-TALK HELPING OR HINDERING YOUR JOB SEARCH?

If you think you *can* do something or think you *can't* do something in your job search, you're right.

Today we will cover the following topics:

- Your self-esteem cycle
- Assess your current self-talk
- Self-esteem evaluation
- How to improve your self-talk and your results

YOUR SELF-ESTEEM CYCLE

When you find yourself looking for a job, your self-esteem is being tested. Most individuals identify with what they do for a living. When you lose your job, you have also lost your normal daily routine.

At the start of your job search your self-esteem is at the highest point, until you obtain a job offer that you accept.

Current realities:

- The job market is extremely competitive
- The job search process normally takes longer than expected
- You will often experience rejection
- The *sales process* of a job search is *not* normally your comfort zone
- Lack of communication can be frustrating
- Some offers are extended that are not acceptable

Cycle

The cycle of low self-esteem is usually one that includes: anger, resentment, inability to forgive, guilt, frustration and depression. Depression can press down energy that wants to be expressed and leads to a lower level of expectations and activity.

When you lose your job, your self-esteem is challenged, but it is often replaced by high self-esteem and expectations as you begin your job search.

Beginning of Job Search

High self-esteem, high expectations, high goals, high level of efforts, high level of rejection, high level of frustration, mediocre results.

As Job Search Continues

Lower expectations, lower goals, lower level of same actions, rejection, frustration, mediocre results, reinforces lower self-esteem.

Long-Term Job Search

Low expectations, low goals, bad habits established, rejection, frustration, little or no results, reinforces low self-esteem.

Low self-esteem will hurt your search and sabotage your results. Working on maintaining a positive attitude can help you improve your self-esteem.

ASSESS YOUR CURRENT SELF-TALK

Provide one response for each of the following questions listed below.

How often do you have negative thoughts during the day?	Never =	0	
	Rarely =	1	
	Sometimes =	2	
	Often =	3	
	Always =	4	

Do your negative thoughts affect the level of your search activities?	Never =	0	
	Rarely =	1	
	Sometimes =	2	
	Often =	3	
	Always =	4	

You are in an interview and make a major mistake. Are your thoughts ...	Positive =	0	
	Negative =	4	

Do your thoughts after a mistake help you adjust or are they useless?	Help you adjust =	0	
	Useless =	4	

When you are rejected, do you take the rejection personally?	Never =	0	
	Rarely =	1	
	Sometimes =	2	
	Often =	3	
	Always =	4	

If your job search is not successful, do you blame others?	Never =	0	
	Rarely =	1	
	Sometimes =	2	
	Often =	3	
	Always =	4	

TOTAL SCORE	
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If you scored higher than a 12, your negative self-talk could be sabotaging your job search and self-esteem. Once you realize what you do, you can improve by focusing on positive self-talk.

Say nice things when you talk to yourself.

SELF-ESTEEM EVALUATION

Here are some signs that your self-esteem might be slipping:

- You wake up later than you did when you were working
- You manage your time poorly
- You miss appointments or are late to everything
- You're not taking care of yourself
- There are days when you don't get out of bed
- There are days when you don't get dressed
- You stop attending networking events
- You become a couch potato, watching television, playing video games, etc.
- When you are on your computer you spend time on social media sites or other pointless or unproductive activities
- You are withdrawing from nurturing friendships or personal relationships
- You convince yourself there are no jobs
- You spend less than 10 hours a week on job search activities

Your enthusiasm and energy are crucial to your success, and you need to stop any of the activities listed above.

Volunteer for non-profit groups, stop watching television, set minimum daily standards, declare phase one of your job search "DOA" and begin phase two. Watch out for low self-esteem, it can kill your job search efforts.

HOW TO IMPROVE YOUR SELF-TALK AND YOUR RESULTS

The first step to improving your self-talk is to be aware of your negative self-talk. When you hear your negative self-talk, follow it with a positive statement: *"I can't believe I said that, but now I can answer that question much better next time."*

Early in this program we stated if you think you *can* do something or think you *can't* you're right. If you change your self-talk to positive, your self-esteem will improve and you will enjoy better results from your job search.