During the first month of unemployment, many individuals experience fear and anxiety but are still able to stay optimistic about what is in view just beyond the horizon. By the time a person has been unemployed for 6 months or longer, fear and anxiety can find company with desperation, helplessness and a constant questioning of one's self-worth. And none of these traits scream "hire me" to any potential employer which can add months to an already difficult situation.

Here are 7 life hacks I have learned to staying inspired and motivated during periods of longterm unemployment.

**1) Inhale Slowly & Deeply, Then Release.** Oprah once said, "So stop. Go mindless. Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure." It is sometimes hard to focus on yourself in the here and now when you're concentrating on the pressures of tomorrow. Take a moment to listen to your body. What does it need? Are you exercising regularly? Are you eating foods that resolve both your hunger while adding fuel to your brain? Do you have a meditation routine and/or attend a weekly religious service? Being a better you takes more than just learning how to interview for that next job opportunity. It takes being prepared in mind, body and spirit. All are equally important.

**2) Affirm Daily That You Are Smart, Kind & Important.**You, yourself, as much as anybody in the entire universe, deserve your love and affection. The time for self-doubt and being overly critical is over. Yes, we all can improve but I believe [Marianne Williamson](http://www.marianne.com/)explains it best when she says,

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

**3) Ignore The Negative.** Even some of your closest friends and family members have the potential to share seemingly small negative thoughts as you are looking for that next great job opportunity. You must continually seek to surround yourself with individuals who support and encourage you. Words carry great weight and have a tremendous amount of power. Choose to engage with others whose words align with the positive.

**4) Invest In Yourself.** It is unfair to ask others to invest in your success if you are not willing to do the same. This means using your time and finances wisely to learn new skills, have a professional service rewrite your résumé and yes, invest in new [business cards](http://www.linkedin.com/today/post/article/20140319161111-2055662-the-business-card-gets-an-update) for those weekly networking events I know you are already attending. If you truly believe that you are a priority, you will make it so.