

The Psychology of High-Ticket Job Searches

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Reframing Exercise: From Limiting to Empowering

- OLD: "I'm not qualified" □ NEW: "I bring unique value they can't find elsewhere"
- OLD: "I need more experience" □ NEW: "I have transferable skills that apply immediately"
- OLD: "They won't pay me that much" □ NEW: "I solve problems worth far more than my salary"
- OLD: "I'm bad at interviews" □ NEW: "I'm learning and improving with each conversation"
- OLD: "I don't have connections" □ NEW: "I'm building relationships"

Reframing Exercise

OLD BELIEFS:

"I'm not qualified"

"I need more experience"

"They won't pay me that much"

"I'm bad at interviews"

"I don't have connections"

NEW BELIEFS:

"I bring unique value they can't find elsewhere"

"I have transferable skills that apply immediately"

"I solve problems worth far more than my salary"

"I'm learning and improving with each conversation"

"I'm building relationships strategically"

What Is True Confidence?

- Confidence is not arrogance or bravado - it's quiet self-assurance
- It's the belief that you can handle whatever comes your way
- True confidence comes from evidence and preparation, not positive thinking alone
- It's being comfortable with uncertainty and embracing growth
- Confidence is a skill you build through action, not something you wait to feel

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Your Weekly Job Search Rhythm

- Monday: Set weekly goals and priority target companies
- Tuesday-Thursday: Execute daily system + 3-5 applications to quality opportunities
- Friday: Review week's metrics, identify what worked, adjust approach
- Saturday: Interview preparation and skill development
- Sunday: Plan next week and recharge mentally
- Consistency over weeks and months compounds into major results

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