
The Psychology of High-Ticket Job Searches



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Reframing Exercise

OLD BELIEFS:

"I'm not qualified"

"I need more experience"

"They won't pay me that"

NEW BELIEFS:

"I bring unique value"

"I have transferable skills"

"I solve high-value problems"

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Three Pillars of Career Confidence

Competence

- Skills create value
- Expertise in areas
- Continuous learning

Preparation

- Research companies
- Practice responses
- Mock interviews

Evidence

- Document wins
- Quantify results
- Save feedback

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Your Weekly Job Search Rhythm

Monday

Set weekly goals

Tuesday

Execute daily system

Wednesday

Quality applications

Thursday

Execute + apply

Friday

Review metrics

Saturday

Interview prep

Sunday

Plan next week

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