Inspiration, Motivation, & Self-Care

Click the links below for best practices on taking care of yourself and persevering through your search.

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| **ARTICLES** | ​ |
| ​ | ​[**4 Things You’re Allowed to Tell Yourself When You’re Feeling Down**](https://www.themuse.com/advice/4-things-youre-allowed-to-tell-yourself-when-youre-feeling-down)​ |
| ​ | ​[**4 Tips for Self-Kindness**](https://www.positivityblog.com/go-easy-on-yourself/)​ |
| ​ | ​[**7 Mindsets that Will Radically Change Your Life Right Now**](https://www.inc.com/lolly-daskal/7-mindsets-that-will-radically-improve-your-life-right-now.html)​ |
| ​ | ​[**7.5 Ways to Survive Coding Bootcamp**](https://www.grantaguinaldo.com/tips-surviving-coding-bootcamp/)​ |
| ​ | ​[**9 Ways to Practice Self Care**](https://www.ted.com/playlists/299/the_importance_of_self_care)​ |
| ​ | ​[**12 Confidence Building Tips for Introverts**](http://www.vault.com/blog/workplace-issues/12-confidence-building-tips-for-introverted-employees/)​ |
| ​ | ​[**Feeling Battered by Unemployment? 5 Ways to Stay Strong**](https://www.themuse.com/advice/feeling-battered-by-unemployment-5-ways-to-stay-strong)​ |
| ​ | ​[**Go Easy on Yourself: 5 Ways to Boost Self-Compassion**](https://www.goodtherapy.org/blog/go-easy-on-yourself-5-simple-ways-to-boost-self-compassion-0308165)​ |
| ​ | ​[**Hold Space for Yourself First**](https://heatherplett.com/2015/03/how-to-hold-space-for-yourself-first/)​ |
| ​ | ​[**Micro-Progress and the Magic of Just Getting Started**](https://www.nytimes.com/2018/01/22/smarter-living/micro-progress.html?referer=)​ |
| ​ | ​[**Self-Compassion Exercises**](http://self-compassion.org/category/exercises/#exercises)​ |
| ​ | ​[**Successful People Start Before They Feel Ready**](https://jamesclear.com/successful-people-start-before-they-feel-ready)​ |
| ​ | ​[**Volunteer to Help Your Career**](http://www.vault.com/blog/general-articles/volunteer-to-help-your-career/)​ |
| ​ | ​[**What Smart People Use to Outperform**](https://thriveglobal.com/stories/second-order-thinking-what-smart-people-use-to-outperform/)​ |
| **VIDEOS** | ​ |
| ​ | ​[**Eric Thomas: I can, I will, I must**](https://www.youtube.com/watch?v=5ojmOR87fgM)​ |
| ​ | ​[**GRIT: The power of passion and perseverance**](https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance)​ |
| ​ | ​[**How Successful People Think**](https://www.youtube.com/watch?v=zCyB2DQFdA0)​ |
| ​ | ​[**One Question to Ask Yourself**](https://www.youtube.com/watch?v=vbSZfuu9v48)​ |
| ​ | ​[**Persistence: The Best Motivational Video**](https://www.youtube.com/watch?v=KAFwnb3dS1E)​ |
| ​ | ​[**Success is a Continuous Journey**](https://www.ted.com/talks/richard_st_john_success_is_a_continuous_journey#t-4147)​ |
| ​ | ​[**The Mindset of High Achievers**](https://www.youtube.com/watch?v=GVG4wgCqeEQ)​ |
| ​ | ​[**Tony Robbins: Why We Do What We Do**](https://www.ted.com/talks/tony_robbins_asks_why_we_do_what_we_do)​ |