

Job Search Mindset

HOW YOU THINK

<input type="checkbox"/> I have a fixed mindset.	<input type="checkbox"/> I have a growth mindset.
<input type="checkbox"/> I'm comfortable and don't like to change.	<input type="checkbox"/> I want to grow and recognize it may be uncomfortable.
<input type="checkbox"/> I believe an old dog can't learn new tricks.	<input type="checkbox"/> Regardless of age, I'm always capable of being agile and learning.
<input type="checkbox"/> I deserve better.	<input type="checkbox"/> I'm grateful and own my destiny.
<input type="checkbox"/> I have to take this before it's gone.	<input type="checkbox"/> There's plenty for all of us.
<input type="checkbox"/> I'm an unlucky person.	<input type="checkbox"/> Luck favors the prepared. I put in the hard work, time, and effort to get results.
<input type="checkbox"/> I'm self-sufficient and don't need help.	<input type="checkbox"/> I'm vulnerable and ask for help when needed.
<input type="checkbox"/> I don't know what I want with my career and life.	<input type="checkbox"/> I spend time thinking and am honest with myself about my career and life goals.
<input type="checkbox"/> I won't be considered for a great job.	<input type="checkbox"/> I have high self-worth and recognize my talents.

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HOW YOU FEEL

<input type="checkbox"/> I often feel lazy and am secretly afraid of success.	<input type="checkbox"/> I'm motivated to work hard and willing to put in the time and effort to succeed.
<input type="checkbox"/> I feel inadequate compared to others.	<input type="checkbox"/> I work to be the best version of myself.
<input type="checkbox"/> I feel incapable and not smart enough.	<input type="checkbox"/> I feel confident in my abilities.
<input type="checkbox"/> Sometimes I feel like an imposter.	<input type="checkbox"/> I'm comfortable in my own skin and don't have to know it all.
<input type="checkbox"/> I feel outdated, behind, and irrelevant in today's job market.	<input type="checkbox"/> I'm capable of upskilling as needed.
<input type="checkbox"/> I feel defeated when I'm rejected.	<input type="checkbox"/> I view rejection as redirection. I realize that I can't control all of the circumstances.

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HOW YOU ACT

<input type="checkbox"/> I rarely speak or else I pretend to know everything.	<input type="checkbox"/> I'm comfortable asking questions and seeking clarity if I don't understand something.
<input type="checkbox"/> I'm impatient and rush through tasks and projects to prove I can get things done.	<input type="checkbox"/> I pace myself carefully with tasks to ensure a job well done.
<input type="checkbox"/> I give up easily when I try and fail.	<input type="checkbox"/> I keep trying until I succeed. I persevere.
<input type="checkbox"/> I sometimes use food, alcohol, shopping, etc. to cope with negative feelings.	<input type="checkbox"/> I cope using healthy habits like meditation, exercise, journaling, etc.
<input type="checkbox"/> I only apply for jobs where I have 100% of the qualifications.	<input type="checkbox"/> I apply for jobs where I have many of the qualifications and room to grow.
<input type="checkbox"/> I only apply for jobs that I think will be my dream job.	<input type="checkbox"/> I understand that it's not realistic to evaluate a job based solely on it's description.
<input type="checkbox"/> I only apply for jobs sporadically.	<input type="checkbox"/> I consistently apply for jobs to build a pipeline of opportunities.
<input type="checkbox"/> I'm slow to respond with communication.	<input type="checkbox"/> I proactively reach out and am prompt in responding to communication.
<input type="checkbox"/> I don't remember who I talked to about which opportunity.	<input type="checkbox"/> I keep detailed records on communications and job applications.
<input type="checkbox"/> I screwed up and made a bunch of mistakes in my interview. I'll never get this right.	<input type="checkbox"/> I recognize no one is perfect. I learn from my mistakes. I look for ways to improve my future and don't dwell on the past.
<input type="checkbox"/> I don't ask for the job because it makes me sound too needy and aggressive.	<input type="checkbox"/> I actively research my networking contacts and let recruiters and hiring managers know I want the job.
<input type="checkbox"/> I'm not comfortable negotiating for money and benefits.	<input type="checkbox"/> I'm comfortable negotiating pay based on the value and talents I bring to the role.
<input type="checkbox"/> I'm anchored by my current and/or previous salary.	<input type="checkbox"/> I do market research and am well informed on current salaries and pay ranges.

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SHARING YOUR STORY

In person

<input type="checkbox"/> Sometimes, I'm ashamed to share my story with new people.	<input type="checkbox"/> I'm confident and practice sharing my story constantly.
<input type="checkbox"/> When I discuss my job search, I can come across as not knowing what I want.	<input type="checkbox"/> I am motivated to get a new job and communicate my goals clearly.
<input type="checkbox"/> I share all of my story in chronological order using terms no one else understands.	<input type="checkbox"/> I share a positive, curated, and relevant story tailored to my audience.

On paper

<input type="checkbox"/> I use a traditional resume format.	<input type="checkbox"/> I have a clear, well organized resume that is friendly to screening software and humans.
<input type="checkbox"/> I have one resume that I update before starting a new job search.	<input type="checkbox"/> I have multiple resumes that are specific to each of the roles that I'm targeting. My resume uses keywords, titles, and terms based on the roles I'm pursuing.
<input type="checkbox"/> I rarely update my resume.	<input type="checkbox"/> My resume is dynamic and always improving.
<input type="checkbox"/> My resume only has skills and experience from formal "in-office" work.	<input type="checkbox"/> My skills and experience come from all aspects of life including volunteering, leadership roles, event planning, sports, etc.
<input type="checkbox"/> My resume has unexplained gaps.	<input type="checkbox"/> I address and fill gaps in my resume with training, accomplishments, volunteering, etc.

Online

<input type="checkbox"/> My social media presence is personal, minimal, and/or outdated.	<input type="checkbox"/> I have a strong current social media presence tailored for my job search.
<input type="checkbox"/> I'm not active on job search sites.	<input type="checkbox"/> I have current resumes on multiple job sites.