
10 WAYS TO GET MOTIVATED!

Regardless of your motives for returning to work, finding a job can feel like an uphill struggle. Often it can be hard to feel motivated about searching for a job when there are so many others doing the same thing and getting the same results.

This online resource aims to give you the edge over the competition and make sure you stand out from the crowd. With tips on how to find hidden jobs, write successful application forms and how to impress in an interview, you will be fully equipped to find the right job for you.

1. Be Positive

“For myself I am an optimist - it does not seem to be much use to be anything else.”
– *Winston Churchill*.

Being positive about finding work starts with the way you feel about yourself and your attitude towards the jobs market. If you think negatively it will be reflected in your CV, applications and interviews and it will be difficult to stay motivated. Negativity does not serve you, it will only distract you from your goals. Stay positive, stay focused on the good things in your life and don't take things personally.

2. Goal Setting

Having a goal to work towards is a great way to focus your time and energy. It's also an effective way to remind yourself of what you want to achieve and what you have achieved so far. Make sure that the goals you set are SMART: specific, measurable, achievable, realistic and time based.

There are various ways to set goals, you could make a list and set dates for completion; you could have visual reminders of the things you want in your life and stick them on your wall; or you could have a discussion with a friend who will hold you to account and remind of your actions.

3. Be Inspired

Shows like The X-factor, Dragons Den or Master Chef all have one thing in common - they take ordinary members of the public and make them successful based on their talents. They have the ability to inspire others to take action and make changes in their lives.

After the London 2012 Olympics there was a huge increase in the number of people taking part in Sports, the excitement of the Games had “inspired a generation” to take up sport. Whether its sports, arts, a book, a song, a person, find something that inspires you to be more. Nothing makes you want to achieve like seeing someone like you succeed.

4. Be Responsible for You

“Eventually we all have to accept full and total responsibility for our actions, everything we have done, and have not done.” – *Hubert Selby Jr.*

Take responsibility for the time and effort you need to put in to become successful. Without actively getting involved, looking for jobs and creating a CV, things will not happen. Whether you want a part time job in a local super market or you want to be the CEO of a multinational company, the only person responsible for your actions is you.

5. Be in Communication

One of the best ways to stay motivated is talk to others about what it is you want to achieve. This will be a constant reminder of what you are doing now and what you are working towards. It's also a great opportunity for those around you to support you in your job search and keep you focused. The more people who know that you are looking for work, the more opportunities you will have.

6. Be Proactive

Job searching can be tiresome and repetitive if you stay in the same place doing the same searches, so be active!

Be proactive, keep moving and put yourself out there. Give yourself a change of scenery. Work from different places and engage with different services who are there to support you. You do not have to be alone in your job search; there are organisations and individuals who offer various types of support so get involved.

7. Be Organised

Organising your time and planning your workload can be a great way to get motivated. Planning a work schedule for the week and setting yourself 'working hours' during the day will keep you on track and less distracted by other things you may want to do. Remember to set times for a breaks as it will give you an incentive to work towards. The more organised your job search routine is, the more prepared you will be for the routine of your next job.

8. Be Consistent

"We become what we want to be by consistently being what we want to become each day."
– *Richard G. Scott.*

Being consistent and doing what you said you would do is the foundation for any successful endeavor. When you complete a task you have set for yourself you prove to yourself and others that you can finish what you started. Every time you do what you said you would do it motivates you to take on a bigger task, knowing that you were successful before and you can be again!

9. Be Open Minded

Being open to new experiences and people can be the difference between you finding your next job or not. Often we experience things in life that have put us off of taking a course of action, we convince ourselves that we should not try again.

Don't let your past experiences dictate your future. Be open to the possibility that things can change, people are different and situations will not always occur in the same way they have in the past. By keeping an open mind you will stay motivated to try something new.

10. Be Confident

"Confidence comes not from always being right but from not fearing to be wrong."
– *Eleanor Roosevelt*.

Being confident and having faith in yourself will keep you motivated even if you have setbacks or disappointments. Your self-confidence will also be a great tool when having to overcome any fears around returning to work. Ultimately knowing who you are and believing in yourself is what will see you through.

So good luck and stay motivated.