

Week 1: Stabilize & Set the Foundation

Emotional Focus: Ground Yourself

Key Actions:

- Set daily job search hours and limits
- Create a "wins" tracker journal
- Start a daily ritual: walk, journal, or stretch
- Reach out to 1-2 trusted people to check in

Mindset Reminder: "I am not my job status. I'm allowed to take this one day at a time."

Week 2: Build Momentum & Reconnect

Emotional Focus: Confidence & Community

Key Actions:

- Update your resume and LinkedIn
- Apply to 5-10 roles intentionally
- Attend 1 virtual event or job seeker group
- Take a career quiz or exploration activity

Mindset Reminder: "I don't have to know everything-I just have to stay curious and open."

Week 3: Regroup & Reframe

Emotional Focus: Resilience

Key Actions:

- Reflect on rejection responses and lessons
- Revisit job alerts/settings-adjust focus
- Schedule one informational interview
- Do a skill-building exercise or project

Mindset Reminder: "Every 'no' is leading me closer to a better yes."

Week 4: Renew & Realign

Emotional Focus: Purpose & Motivation

Key Actions:

- Revisit your 6-month future self vision
- Create a "values checklist" for job alignment
- Take a break day without guilt
- Celebrate your progress, no matter the outcome

Mindset Reminder: "Progress isn't always visible-but it's always happening."