My Mindset Coach

Job Search Project

1. Company Research List

This worksheet is designed to help you organise your job search in one list. Write as much as you can, it is just a guide to help you in the process.

Feel free to also add your own notes: Eg Salary, your application status, other benefits.

Company name + details	What do I love about this company?	What specific jobs/ roles am I attracted to?	What skills are required (typically)?	What skills I do have already	What do I maybe need to have	Notes Salary, Application status, Other benefits.
Company X						
Company Y						
Company Z						

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2. Feeling stuck? Get clarity with a 10 minute brainstorm.

Grab a piece of paper or notepad. Set a timer for 10 minutes and have a brainstorm using these reflective questions.

- What is your vision for this new job experience?
- What do you want to experience in this next phase of your career and life?
- What would you regret if you didn't take action?
- When you think about yourself at the end of this year, what would you really love to see happening in your life? (Maybe as a result of the action steps you are taking now?)
- What will you get from a new job that you might not be getting now in your current role? (Don't be afraid to think big)

Remember Here:

- There is no silly, right or wrong answer, and you have no limitations in this space.
 - This exercise is just for you so just trust this process and write down the first things that come up.

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- Doesn't have to be fancy just let your ideas flow onto the page.
- Remember your WHY. Post it up near your desk at home or somewhere you can see it when you are applying for these jobs so you can remind yourself.
- Being clear on your 'why' is important because it makes the process more fun and exciting (as it should be!)
- It will feel less like repetitive monkey taskwork and will quickly remind you of what is most important.