

# Reframing Your Job Search: Turning Negative Self-Talk into Career Success

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As a Career Coach with expertise in the power of the mind, I'm passionate about helping my clients transform their job search experiences by transforming their mindset. One of my favorite tools for shifting a client's mindset is the reframing of self-defeating thoughts.

Reframing your self-defeating thoughts can be so powerful! It involves changing the way we perceive situations, thereby altering our emotional responses and actions to them. When changing careers or searching for a job, reframing your thoughts about it can be a valuable key to overcoming obstacles and achieving success.

## How Mindset Reframing Works

Here are some common negative self-talk beliefs that I hear from job seekers and career changers followed by examples of how to reframe them into empowering affirmations.

**Limiting Belief:** "I'm too old to change careers."

**Reframe:** "My experience and wisdom are valuable assets in any new career."

**Limiting Belief:** "My skills are outdated and irrelevant."

**Reframe:** "I am capable of learning new skills and leverage my existing ones in innovative ways."

**Limiting Belief:** "There are no opportunities in my field."

**Reframe:** "I am open to discovering new opportunities and industries where my skills are in demand."

**Limiting Belief:** "I've been out of work for too long; no one will hire me."

**Reframe:** "My time off has given me a fresh perspective and renewed energy to contribute meaningfully to my next role."

**Limiting Belief:** "Networking feels awkward and insincere to me."

**Reframe:** "Building relationships is about authentic connections and mutual support."

**Limiting Belief:** "I can't handle the rejection."

**Reframe:** "This is not a personal rejection, hearing "no" just means "not now." Something better awaits me; this takes me a step closer."

**Limiting Belief:** "I'll never find a job that I love."

**Reframe:** "I am committed to finding or creating a fulfilling career that aligns with my values."

## Your Mindset is Your Greatest Ally

When it comes to the job search and career change journeys, our mindset is our greatest ally. Your thoughts shape your reality. Reframing helps us shift from a state of limitation to one of possibility and empowerment. Give it a try!

**Upcoming Workshop:** Reboot Your Mindset Thursday, August 15, 2024, 10:00am - 12:00pm,

**Registration to Sign Up:** <https://rbm.eventbrite.com>