

What's Really Holding You Back?

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Are you struggling with getting started in your job search? Do you find yourself saying: "I need to update my resume first." Or, "I am embarrassed to ask for help." Or one that really keeps you stuck, "I need more time to figure out what I want to do."

My friends, I say this with so much love: *that's not a plan*. And it's causing avoidance behavior. Which means you find yourself painting a room or taking your aunt to all of her appointments *instead* of writing your resume. Don't get me wrong, there is nothing wrong with doing those things. I am just inviting you to consider how energy you are spending on job search related activities vs distractions.

Here's what I have observed that is holding most people back. And it isn't your capabilities or your experience. Holding you back in a job search isn't all about the resume. Are you ready for this? It's the story you're telling yourself about why you are not ready yet.

And I get it, I really do. When you've been knocked around, when your efforts aren't producing results, your mind tries to protect you. It says, "wait a little longer, prepare a little more." But waiting doesn't build confidence. Momentum does, and you can't build momentum without talking "the right" action.

I want to help you to refocus and build momentum to get you reenergized with *three mind shifts* that will move you forward.

Three Mind Shift Strategies to Get Your Momentum Back

1. Take one small step

Break things down to small tasks. Instead of writing your entire resume, break it down by only completing a draft of your Summary. Give yourself a mental "high five" for following through. This trains your brain to reward your accomplishment, which will serve you later when you need that extra boost to take the next step. Progress builds on itself quickly, as long as you continue to take the next step.

2. Challenge the voice in your head (it's not telling you facts)

"I've been out too long." "I'm too old." "I'm not qualified." ***Oh, time out on that one!*** Those are not facts, my friend, they are fear-based thoughts. What I want you to do is write them down then cross them out and instead write down something positive about you. Think of what you have accomplished, overcome, or what people ask you for help with. This is real evidence that your brain will read and start to believe. Because your brain believes what you say, and right now it needs you to tell it something uplifting.

3. Be clear on your "why"

Ask yourself, “why does this next job matter to me?” The feeling of it. The stability. The sense of purpose. When you know your “why,” you stop reacting to the job search and start driving it. And this shift changes everything.

Your Action Item

Ask yourself what small step you can take in the next 48 hours and take that step. Something that you can devote less than an hour to. Pay attention to how you feel when it's done. That feeling? Celebrate it because it's your momentum coming back.

You don't have to have it all figured out. You just have to take the next step. And we are here to help you do exactly that.