

GET THE JOB

Motivation During a Long Job Search

Practical Tips for Job Hunters to Keep Going When It Gets Tough

Job hunting can be a full-time job in itself — and when it stretches on for weeks or months, it's easy to feel stuck. Rejection, silence and constant uncertainty can take a toll on your confidence and energy.

But even a long job search doesn't have to leave you discouraged. With a few steady habits and some perspective, you can stay focused, productive and hopeful — even when progress feels slow.

SET SMALL, ACHIEVABLE GOALS

Instead of measuring success only by job offers, track your progress in smaller steps. That might include applying to a certain number of jobs per week, updating your résumé, reaching out to a new contact or practicing interview skills.

These goals give you a sense of control and forward movement. Celebrating small wins — like getting a callback or crafting a better cover letter — helps keep your momentum going.

Create a daily or weekly routine so that your job search has structure. Treat it like a workday, with breaks built in, rather than something you squeeze in between distractions.



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TAKE CARE OF YOURSELF ALONG THE WAY

It's easy to lose track of your own needs during a long search. But staying mentally and physically well will help you show up more effectively — both in applications and interviews.

Make time for exercise,

sleep and activities that bring you joy. Talk with supportive friends or peers who understand the ups and downs of the process. Even short breaks from job hunting can help reset your energy and outlook.

It's not a sign of laziness — it's a strategy for staying resilient.

STAY OPEN, STAY READY

It's OK to feel discouraged at times, but don't give up. Keep learning, keep networking and keep showing up. You never know when a lead will turn into an interview — or when the right opportunity will surface.

Sometimes the job you didn't expect becomes the one that sets you on a new path.

Staying motivated doesn't mean forcing optimism. It means staying ready — so that when the right door opens, you're prepared to walk through it.