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GET YOUR HOUSE IN ORDER

Step One: Get Your Mind Right

Finding a job is not easy – especially today. It could take anywhere from a day to several months to get hired. If you want to increase your chances of success, you must go forward with a positive attitude, patience, and determination. Unless you're lucky and get the first job you apply for, you will have to deal with rejection. You may get frustrated or sad. You may even start to feel a little depressed. It's understandable to have these feelings when things don't seem to be going your way. It is during these difficult times that you must dig deep and find the motivation to keep moving forward.

Whenever I am going through a difficult time, the first thing I do is call someone in my family. If I can't reach any of them or I don't feel like talking, I might hit the gym, go for a bike ride or watch the last fight scene of my favorite martial arts movie. My younger brothers play video games to "clear their heads" and relieve stress. What do YOU do when you have problems or need to relax? It may sound corny, but it's important to your self-esteem and mental health to have a healthy outlet when things don't seem to be going your way.

Take a moment now to make a list of five positive things that you can do to improve your mood when things get a little tough.

Activities that relax me

1. _____
2. _____
3. _____
4. _____
5. _____

Now review your list. Are the activities productive? Are they healthy? Are they legal (hey, I have to ask!)? If the answer to any of these questions is “no” then I suggest you find some new activities.

Step Two: Kick Negative People to the Curb!

I’m sure you’ve heard the saying: “Birds of a feather flock together.” If that’s true, then it stands to reason that birds with broken wings flock together and drag each other down! If you are trying to accomplish a goal, your best way to increase your chances of success is to surround yourself with others who either share the same goals or are supportive of what you are trying to do. Your “friends” can be a source of strength for you or a drain on your mental energy. Take a moment to think about your friends. Do they have jobs? Are they looking for work? Do they encourage you? Or do they try to hold you back and discourage you from getting a job? If any of your “friends” try to talk you out of looking for work or don’t support you, drop them like a bad habit! Find some friends who share your goals and ask them to be part of your “job search crew”. You can pick up applications together, support each other when the rejections start to get you down, and celebrate together when you finally get a job!

Anybody who tries to talk you out of looking for work should not be allowed in your space. Of course there are

some exceptions. For example, if your parent or guardian tells you to wait until you improve your grades before you get a job, that's a different story. I'm not talking about people who have your best interest at heart. I'm talking about those knuckleheads – yes, *knuckleheads* – who'd rather hang out on the block or in front of a video game all day every day than do an honest day's work. Again – kick them to the curb.