

Shifting Out Of A Job Seeker Mindset to Being An Opportunity Magnet

It is a common trap when preparing for an interview to put SO much pressure on ourselves. This response to the stress often blocks us from presenting our best, authentic self in the hot seat.

Next time you are feeling stuck, frustrated, or overwhelmed during your interview prep, try a few of these shifts. Notice what changes with your mindset, body language, and energy. What next steps are you inspired to take out of more faith and less fear?



JOB SEEKER THOUGHTS

I need this job.

Everything depends on this interview.

I have to beat all the competition.

OPPORTUNITY MAGNET THOUGHTS

There are limitless ways I can do work that feels good and that compensates me well.

I trust things are always working out for me.

I am enough.

JOB SEEKER ACTIONS

Telling the interviewer what I think they want to hear

Waiting to take time for self-care until after the interview

Practicing for interviews on my own

OPPORTUNITY MAGNET ACTIONS

Creating authentic, engaging stories that demonstrate my value

Fitting in time to meditate, do yoga, Reiki, and enjoy other stress relief to boost my interview success

Connecting with a mentor, coach or someone who is doing the work I want to do and asking for interview feedback

JOB SEEKER HABITS

Worrying about failure, rejection, or not measuring up

Avoiding sharing with others how it is really going

Exhausting myself with how much I am thinking about, researching and preparing for the opportunity

OPPORTUNITY MAGNET HABITS

Taking time to align with my higher self and set intentions before any interview prep

Updating my career support team and asking for specific ways they can help

Using a strategic, holistic approach that keeps me fueled up and excited to uncover hidden gems about my fit for this opportunity