

Recharge and Calibrate Your Next Career Move

CHECKLIST

○ A positive outlook can work wonders

Surround yourself with supportive people.
A strong network will keep you motivated.

○ Acknowledge your progress

Every interview and networking call is a step forward.
Celebrate the small wins.

○ Be open to new paths

This might be the right time to explore freelancing, pivoting to a new industry, or learning a new skill.

○ Manage your time and take care of yourself

Job searching is exhausting. Take breaks, stay active, and protect your mental health.

○ This is a temporary bump

A year from now, this moment will serve an empowering lesson, not a defining failure.

