

MINDSET EXERCISE

Adopting the Right Mindset Exercise

Optimism is an essential part of a healthy mindset, and you will be cultivating it in this exercise. Job seekers often derive confidence and optimism from their qualifications, strengths, or training. Undoubtedly, there are many reasons why you should be optimistic about the job search process. Come up with at least five reasons you are optimistic. For example, “*I led many successful projects that I can talk about in interviews.*” or “*I just finished earned an MBA from a top-ranked university.*”

I am optimistic because...

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Read your answers regularly during your job search, and add more responses as you think of them.