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Job Hunt Not Working? Do Nothing!

By Janet White

Have you ever noticed that traditional job hunting is all about doing something – making phone calls, sending emails, reading the job boards, “networking,” etc.?

But just how effective is this “busy-ness” in getting you closer to that paycheck? If all it does is keep you focused on how much you hate being unemployed and how increasingly urgent it is for you to get a new job, maybe it’s time for a change in tactics.

Do nothing.

Stop the running around, the franticness and the desperation. Stop doing the things that make you feel helpless, trapped and unemployable. The more you do traditional job hunting tactics which aren’t working for you, the worse you feel about yourself, so stop doing them!

Just breathe.

Stop focusing on the future and the fear of what might happen if you don’t get a good job (or any job) soon. Stop anguishing about the past, the job you lost, the opportunities you missed, the mistakes you think you made or what “shoulda, coulda, woulda” been.

Focus only on this moment.

Right now, the most important thing you can do is to understand that to get that dream job, you don’t have to “do” anything at this moment except know what you want.

The most powerful force in the Universe is the Law of Attraction, and you are using this Law right now, whether you know it or not. You are attracting to yourself whatever you put you focus on, regardless of whether you really want it or not.

The process of attracting your dream job (or anything else) starts with shifting your thinking from a mindset of lack to a mindset of abundance. When you focus on your bills piling up, you actually attract more bills to pile up! But when you focus on abundance, you attract more abundance, including money.

Developing an abundance mindset starts with being grateful for what you already have at this moment, regardless of your circumstances. So, what are you grateful for? Here's a typical short list:

Health	Pets
Education	A child's smile
Family	Emails and the internet
A place to sleep	A working computer
Food	Neighbors
Clothes to wear	A spiritual community
Friends	Being alive at this time in this place.

Take another deep breath.

Because your outer circumstances reflect your inner state of mind, having an "attitude of gratitude" can make all the difference in your life, and in particular, your job search. Instead of griping over how hard it is to get hired (which makes it harder for you to get hired), try focusing on how blessed you are by repeating an affirmative prayer like:

I relax, releasing any person, place, thing or event in the past and present which deters me from my highest and best good. I allow the past to simply be what it was and move forward with ease, joy and grace knowing that I have infinite choices and the Universe supports every one of my choices.

Today, I choose a career which uses my unique talents and abilities and a place of employment in which I am appreciated, respected and amply rewarded for my work. I enjoy my work, my like-minded colleagues, satisfied clients, my excellent income and my life.

I am so grateful for everything I have. I am grateful for health, the people in my life, peace, contentment, tranquility, serenity, creativity, abundance and prosperity.

With a heart that is full of joy for my blessings, I release my word knowing that everything I desire is now manifesting in my life in the right way, at the right time for everyone's highest good. And so it is.

Jesus said, "It is done unto you as you believe," which means your thoughts and feelings become your experiences. Negative thoughts result in negative experiences and positive thoughts result in positive experiences.

It's often very challenging to be positive when you're in a negative situation, but it's essential because your outward condition will change only after you've changed your state of mind.

So if you can't quite manage a positive state of mind, focus instead on shifting into neutral, releasing the fears, the worrying and the burden of having to "make it happen."

Do nothing and notice the difference in how you feel. And that will make all the difference in what happens next.