

Get Rid of Negative Thoughts

by Dona DeZube, Monster Finance Careers Expert www.monster.com (2004)

Negative thinking and speaking can derail your job search. Most employers want to hire happy people - not people who are down on themselves and the world. Keep thinking that way, and you'll prove yourself right. Picture two job applicants - each walks into an office for an interview and is greeted by a receptionist who says, "Good morning." The first says, "I thought I'd never find this place. It's raining so hard that I got drenched just walking from the car to here." The second says, "Those directions you gave me were great. It sure is raining, but we really need it, don't we?"

Which of the two do you want to hire?

It's All in How You View the World

Maybe you wouldn't complain about directions or the rain, but the way you view yourself can influence your job search. "You can perceive anything in a lot of ways," says Elaine Varelas, managing partner at Keystone Partners, a Boston career management firm. So how can you sound happy when you're really feeling the opposite? First, admit you have a problem. Tell yourself out loud that you have a tendency to be pessimistic and that you are going to look for the positive. "You don't need to totally revise your personality, but you have to recognize that it's not a lot of fun to be around someone who's cranky and negative, and people have that choice when they hire," says Varelas. Next, set up reasonable daily goals and reward yourself when you accomplish them. The goal can't be vague or too large. An example of a reasonable goal--make five personal contacts (begin networking) as you conduct your job search.

Try it out--strive to think positively!

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