



Annie Margarita Yang

The 5-Day Job Search by Annie Margarita Yang

Emotional Mastery: Transforming Your Thought Process To Achieve Results

Step 1: Define the Neutral Circumstance

Begin by defining the circumstances around your job search. Remember that circumstances are neutral and factual, everyone would agree on them. Examples include "I am currently unemployed" or "I have a job interview in four days." Jot down your circumstances.

Step 2: Identify Your Current Thoughts

Separate your thoughts about these circumstances from the circumstances themselves. These could be thoughts like, "I'm not good enough for that role" or "They probably won't even consider me". Remember, these are not facts, but your personal interpretations of the circumstances. Write these thoughts down.

Step 3: Understand Your Feelings

With your thoughts identified, take a moment to understand the emotions they are causing. Are you feeling anxious? Defeated? Scared? Connect with your emotions and write them down next to the corresponding thoughts.

Step 4: Realize Your Actions

Reflect on what actions these feelings lead you to. Does the anxiety cause procrastination? Does feeling defeated make you avoid networking? Write down the actions that you take as a result of these thoughts and feelings.

Step 5: Recognize Your Results

Consider the outcomes of your actions. Are you not getting interviews? Are you not receiving job offers? These are your results. Write them down.

Step 6: Formulate Empowering Thoughts

Now, shift your perspective. For each negative thought you've identified, create a positive, empowering counterpart. For example, instead of "I'm not good enough for that role", you might write "I have unique skills and experiences that make me a strong candidate for this role".



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Step 7: Channel Positive Emotions

Refer back to your list of emotions. This time, identify positive feelings that resonate with your empowering thoughts. Write down these positive emotions next to their corresponding new thoughts.

Step 8: Envision Constructive Actions

With a positive mindset and emotions, what actions would you take? Perhaps you'd feel encouraged to apply to more jobs, or to network more? Write down these new actions that you would take.

Step 9: Project Successful Outcomes

Finally, imagine the outcomes that these new actions could lead to. More interviews? More job offers? A satisfying career? Visualize and write down these new results.

Remember, this is a continuous process that evolves with your circumstances. You can return to this exercise anytime you feel your mindset needs adjustment. The goal is to harness the power of your thoughts and emotions to drive successful actions and outcomes in your job search. Best of luck!



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abhorrence	awed	comforted	detest
absorbed	awkward	committed	devoted
accepted	baffled	compassionate	disappointed
admired	bashful	complacent	disconnected
adored	befuddled	compunction	disdain
adrift	belittled	concerned	disgruntled
adventurous	bemused	confident	disgust
affectionate	bereaved	conflicted	disgusted
afraid	betrayed	confused	disheartened
aggravated	bewildered	connected	disillusioned
agitated	bitter	consternated	disinterested
agonized	blessed	consternation	dislike
agony	bliss	contemplative	dismayed
alarmed	blithe	contempt	distant
alert	bold	content	distracted
alienated	bonhomie	contrite	distraught
alive	bored	courageous	distressed
alone	bothered	cowardly	disturbed
aloof	bouncy	cranky	doubtful
amazed	brave	craving	dread
amused	bright	creative	eager
angry	brooding	cross	ebullient
animated	bubbly	crushed	ecstatic
animosity	buoyant	curious	edgy
annoyed	burdened	cynical	elated
antagonistic	burning	daring	embarrassed
anticipation	calm	deep	empathetic
antipathy	capable	defeated	empowered
antsy	carefree	defensive	empty
anxious	cautious	delectation	enchanted
apologetic	certain	delicious	encouraged
appalled	chagrined	delighted	energetic
appreciative	challenged	demoralized	energized
apprehensive	charmed	denial	engaged
aroused	cheerful	depressed	engrossed
ashamed	cherished	desiring	enjoyment
assured	choleric	desolate	enlightened
at ease	clueless	despairing	enmity
audacious	cocky	desperate	entertained
aversion	cold	detached	enthusiastic
awe	comfortable	determined	envious



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euphoric	grumpy	intrigued	neglected
exasperated	guarded	introspective	nervous
excited	guilty	invigorated	neutral
exhausted	gung-ho	irascible	nostalgic
exhilarated	gusto	irate	numb
expectant	hankering	irritated	nurtured
exuberant	happy	isolated	offended
fanatical	harassed	jaded	open
fascinated	harmonious	jealous	optimistic
fatigued	hate	jittery	outraged
fearful	hateful	jocular	overwhelmed
fearless	helpless	jocund	pained
feisty	hesitant	jolly	panic
felicitous	hollow	jovial	panicked
fervor	honest	joyful	paralyzed
flustered	hopeful	jubilant	paranoid
focused	hopeless	judged	passionate
foolish	horrified	jumpy	pathetic
foreboding	hostile	lethargic	peaceful
fortunate	humble	liberated	peevish
fragile	humbled	lighthearted	pensive
frazzled	humiliated	listless	perplexed
free	humored	lively	perturbed
fretful	humorous	lonely	pessimistic
frightened	hurt	lost	petrified
frustrated	hyper	loving	petulant
fulfilled	hysterical	loyal	pissed
furious	ill-tempered	lucky	playful
generous	imaginative	mad	pleased
genial	impatient	marvelled	possessive
giddy	impotent	meditative	powerful
glad	incapable	melancholic	powerless
gleeful	indifferent	merry	preoccupied
goofy	indignant	miffed	proud
gracious	inferior	miserable	psyched
grateful	inhibited	misunderstood	pumped
gratified	insecure	moody	puzzled
groggy	inspired	mortified	radiant
grouchy	insulted	motivated	rage
grounded	intense	nasty	rattled
grudging	interested	needy	realized



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reflective
refreshed
regretful
rejected
rejuvenated
relaxed
relish
reluctance
reluctant
removed
repentant
repugnance
resentful
resentment
resignation
resigned
resilient
resistant
resolute
respected
restless
revolted
sad
safe
satisfied
savor
scared
scorn
secure
self-conscious
sensitive
sensuous
serene
shaken
shame
sheepish
shocked
shut down
shy
sincere
skeptical

sluggish
snappy
solemn
sorrowful
sorry
sour
spirited
spontaneous
sprightly
startled
stirred
stressed
strong
stung
submissive
successful
suffering
suffocated
sullen
superior
surprised
suspicious
teary
tenacious
tense
terrified
testy
tetchy
thankful
thirst
threatened
thrilled
timid
tired
titillated
tormented
torn
tortured
touched
tough
tranquil

trapped
traumatized
trepidation
troubled
trusting
twitchy
uncertain
uncomfortable
uneasy
unhappy
uptight
useless
valiant
valued
vehement
vexed
vibrant
victim
victorious
vigilant
vindicated
vindictive
vulnerable
warm
wary
way
weak
weary
withdrawn
woeful
wonder
woozy
worried
worthless
worthy
wrathful
zeal
zest