

How to freshen up a stale job search.

A typical job search takes a lot of work. It's a job just to find a job!

If you've been searching for a while you might be feeling burned out and even a little "stale." When you reach this point, it's easy to become discouraged and lose the energy you need to keep your search effective.

Whether you're just beginning your search or have been searching for a while, here are some tips to keep your job search "fresh" — courtesy of Julie Bauke, author of *"Stop Peeing on Your Shoes: Avoiding the 7 Mistakes that Screw Up Your Job Search."*

Resolve to do more of what works, less of what doesn't.

Look carefully at all your past experiences to determine what worked for you in your search and what didn't.

Think about:

- Contacts you made (including where and how you made them)
- Events you attended (consider cost versus return)
- Phone calls you made (to whom and under what circumstances)
- Job boards you searched or posted your resume on (and which ones were worth the effort)
- What parts of your search felt good, productive and even fun?
- What was unproductive or drained your energy?

Resolve to spend your valuable time with — and appreciate — the right contacts.

Which contacts were the most helpful? Who is upbeat and supportive and a fan of yours?

- Make a real effort to stay in touch with the people who are most helpful (without being pushy). Write them a note telling them how helpful they have been and how much you appreciate it. Identify next steps for reaching new individuals, finding new research and keeping yourself motivated.
- Think about which contacts were unhelpful or unsupportive; minimize or eliminate contact with these individuals.

Resolve to keep yourself energized and upbeat.

Burnt out, depressed and desperate are not attractive qualities in a potential new hire.

Resolve to believe in yourself and your skills and abilities.

Just because no one has yet recognized your brilliance doesn't mean it's not there to be discovered. You will land a job, but it may not be what and when you expect. Open your mind to every possibility that presents itself, even if at first glance it doesn't seem like a fit.

Resolve to be a giver.

Spend time doing good for others. Remember that the essence of net-working is giving first and taking second. Helping other makes us feel good and takes our mind off of our troubles.

When all else fails, take a walk in the fresh air.

It may clear your head and give you a "fresh" perspective.

The bottom line?

Focus on strategies that will keep your job search fresh and help you find the job you want. If you're stale, your job search will be too.