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# How to Keep Your Confidence Strong While Job Searching

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Job



searching can be a huge confidence killer. It's a vicious cycle: You search, you wait and you're often denied. Rinse and repeat.



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The more you job search, the more rejection you face and the harder it is to answer questions like: “So, [how’s your job search going?](#)” with a smile. Yet the longer you’re unemployed, the more important it is for you to be strong, confident and positive. If you start doubting yourself, [employers will too](#).

“It’s a matter of learned optimism,” says Paul Bailo from Phone Interview Pro. “Try to focus on the fact that unemployment is temporary, it won’t last forever,” he says.

Practice believing it by saying and doing something positive each day. Try these pick-me-ups:

### 1. Do Some Mock Interviews with a Friend

If you’re getting a few interviews and zero calls, it can’t hurt to improve your interview skills.

Ask “someone who will be honest with you about what you’re wearing, how your body language projects or detracts from confidence, and how articulate you are in getting across your messages,” says April Masini, advice columnist.

Bonus points for videotaping yourself while you do it. It’ll help a lot.

### 2. Take Advantage of Free Resources Online to Buff Up Your Skills

“The most effective way to build your confidence when you are job seeking is to take advantage of the free information that is available to hone your skills,” says Omar Lopez, Esq. and leader of Gainfully Unemployed, the largest unemployment support group on the East Coast.

There’s gobs of ways to learn a cool new skill to add to your LinkedIn and resume. [Wanted Analytics](#) came up with a list of the top 10 skills employers require, based on over 650 million online job ads. Microsoft Office, PowerPoint and SQL came up on top as the top three.

You can easily find resources to master these skills free resources, like:

[GCFlearnfree.org](#)

[FreeOfficeTutorials.com](#)

[InfiniteSkills.com](#)

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Plus, you’ll feel a lot better having accomplished something so beneficial to

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## Contributors



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you.

### 3. Read Biographies About Your Favorite Famous Successful People

Almost all of them have gone through something similar to what you're going through right now. Read the whole thing and realize that this is just a temporary setback. Smoother sailing ahead!

Remember, some of the most groundbreaking, successful people today were in your shoes at one point: Thomas Edison, Walt Disney, JK Rowling – all famously pounded the pavement for a long time before hitting their stride.

Start with this book of [Famous Failures](#).

### 4. Get Out of the House

Avoid being holed up in your house too long. It can add to your depression and lower your self-esteem. The best way to stay confident is to get outside and surround yourself with uplifting people.

- Get involved with your community
- Volunteer
- Take a class
- Join toastmasters to improve your speaking skills
- Release those endorphins: exercise!

### 5. Revisit Your Past Successes

Once in a while, look back at a past review, feedback or project you're really proud of. This "boosts confidence immediately," says Lennay Chapman, author of *Secrets to a Rockin Life: How to Find Passion, Direction and Fulfillment After College*.

"Plus, reminding yourself of what you have achieved helps you rediscover passion for your chosen field," she says.

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