

# MOVING ON TIPS FOR BROKEN HEARTED JOB SEEKERS

Rejection is one of the toughest things in life to deal with, especially in job hunting. Heal your wounded heart and start fresh with these tips:

## STOP

- Don't talk about it.
- Don't replay the scenario in your mind.
- Replace negative thoughts with positive ones.

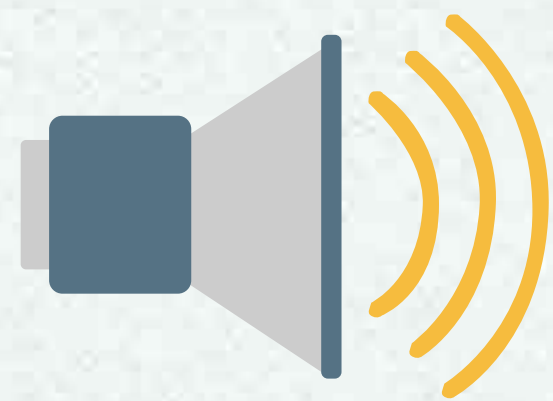


## BREATHE

- Relax and clear your thoughts.

## LET IT OUT

- Find harmless and productive ways to channel your feelings.
- You can cry, shout, go for a run, or do boxing to release it.



## GET OVER

- Leave all negativity in the place you released it.
- Get over it.

More Tips:

### DON'T TAKE IT PERSONALLY

– It won't make you less of a professional if you didn't meet a company's criteria.

### DON'T BRING IT UP

– Rehashing the situation to your friends won't help you move on.

### BLAME NO ONE

– You did your best. There's no one to be blamed for it.

### ENTERTAIN YOURSELF

– Rejuvenate and bring back your positive self.

### DON'T USE THE INTERVIEW TO SUFFICE YOUR NEED FOR PROFESSIONAL VALIDATION

– If you know your value, the right employer will soon know it too.

### ACCEPT REALITY

– Rejection is part of growing up.

### YOU'RE NOT ALONE

– You're not the only job seeker and certainly not the only one who experienced rejection.

Wounds heal in time. The best thing about being rejected is learning about your weakness and using it to your advantage for your next job interview. Resume Professional Writers will help every job seeker make a fresh start with a world-class quality resume. Contact us today!