



JOB SEARCH WEEKLY WELLBEING CHECKLIST

USE THIS WEEKLY CHECKLIST TO FEEL CONFIDENT, ENERGIZED, AND
FOCUSED DURING YOUR JOB SEARCH

- ☐ I GOT AT LEAST 7 HOURS OF SLEEP MOST NIGHTS
- ☐ I MOVED MY BODY AT LEAST 3X (WALK, YOGA, STRETCHING)
- ☐ I TOOK AT LEAST ONE FULL DAY OFF FROM JOB SEARCH ACTIVITIES
- ☐ I REACHED OUT TO SOMEONE IN MY NETWORK OR SUPPORT CIRCLE
- ☐ I PRACTICED POSITIVE SELF-TALK OR REFRAMED A NEGATIVE THOUGHT
- ☐ I SCHEDULED AND PROTECTED TIME FOR REST, JOY, AND/OR CREATIVITY
- ☐ I ATE HEALTHY MEALS/SNACKS MOST OF THE TIME
- ☐ I LIMITED DOOM-SCROLLING AND/OR UNHELPFUL SOCIAL MEDIA
- ☐ I CHECKED IN ON MY JOB SEARCHING GOALS TO STAY ON TRACK
- ☐ I SET AND/OR ADHERED TO BOUNDARIES I SET

PERSONAL SELF-CARE PLAN

WHAT I NEED THIS WEEK TO FEEL SUPPORTED: _____

3 HABITS THAT I WILL PROTECT THIS WEEK:

- 1.
- 2.
- 3.

WHO I CAN LEAN ON THIS WEEK: _____

ONE THING I'M PROUD OF (JOB SEARCH OR PERSONALLY): _____

AN AFFIRMATION OR MANTRA I'LL SAY THIS WEEK: _____