

## PHASE 5

### **KEEPING CENTRED WHEN GOING FOR A JOB**

- Write a list of all of your strengths and keep it somewhere handy so that you can remind yourself of how good you are
- Write out a positive affirmation eg encourage your self belief e.g. I have found my ideal career. I am passionate about the job I am going for
- Believe in yourself – if you waiver in any way look at your strengths and your affirmation and your values