The January Job Search Plan

A plan that is hopeful about what is possible, honest about how long a senior search can take, and focused on the actions you control. Work through it between Christmas and New Year, and you will start January with a calm head start.

Step 1: Look back

When was my energy highest, and what was happening then?

Where in the process do I most often drop out?

What am I proudest of, and is it visible on my CV and LinkedIn?

Step 2: Choose two or three priorities

Example: narrow my target to two sectors and 20 named organisations; rebuild my CV around my Evidence Bank; restart networking with a weekly rhythm.

1.
2.
3.

Step 3: Set action goals, not just outcome goals

Outcome I hope for	Weekly actions I control
Example: an offer by spring	Three networking conversations and two tailored applications a week

Step 4: Write your if-then plans

Research on "implementation intentions" suggests that planning in the form "if X happens, then I will do Y" makes follow-through more likely.

If...	Then I will...
it is Monday morning	choose my three priority applications for the week
I receive a rejection	wait 24 hours, then complete my Rejection Reset Log

Step 5: Plan your first two weeks

The first or second Monday after New Year is typically the busiest day of the year for job searching. Having your plan ready means a calm start while others scramble.

Week 1	Main task	Networking or follow-up
Mon 4 Jan		
Tue 5 Jan		
Wed 6 Jan		
Thu 7 Jan		
Fri 8 Jan		

Week 2	Main task	Networking or follow-up
Mon 11 Jan		
Tue 12 Jan		
Wed 13 Jan		
Thu 14 Jan		
Fri 15 Jan		

Something I am looking forward to that has nothing to do with work

My review dates (weekly check-in and monthly review)

Adjusting your plan is not failure. It is resilience in action. Review weekly with your Resilience Check-In, monthly with a bigger look at what is working, and change course whenever the evidence tells you to.