



Hi, my name is Jillian and I am the employment counsellor for Job Links. This time of year can be difficult, the colorful leaves have fallen, the days can be grey and the excitement we felt about starting school, projects or work from September has now faded away. It is normal for us to start going into cozy hibernation mode as winter is approaching. So what do we do when all we want to do is cuddle up on the couch but we need to go to school, go to work and generally be a part of our family, community and society? This is where our winning attitudes and motivation tips come into play. We can do little things every day that makes it easier to get through darker days.

Here are some examples of little things we can do to get motivated for our day.

- Start your day with a **morning playlist** that helps you start the day with music that gets you in a good mood, you can make one or find a premade one.
- **Set 3 daily goals**, they can be big or small. For example, apply for 3 jobs, tidy one room, finish a homework assignment or go for a walk. You can build to more than 3 but 3 is a good start.
- **Wear clothes that help you feel confident.** That can be different for everyone, I am a jeans and a blazer person but it can be anything from a flowy dress to Spiderman sweatshirt, just wear something that makes you feel good about yourself and is appropriate for the events you do that day.
- Make sure that you **eat and drink!** It is really hard to get our brains to work when we have not had any nutritious food or water. Try your best to eat a vegetable and drink plenty of water.
- Say **daily affirmations**, they can be little reminders we tell ourselves. Try these ones:
 - ❖ I am confident.
 - ❖ I am strong.
 - ❖ I am getting better and better every day.
 - ❖ All I need is within me right now.
 - ❖ I wake up motivated.

- **Reward yourself** at the end of the day. There is nothing wrong with rewarding ourselves by wrapping ourselves in that blanket knowing that we have accomplished what we set out to do.

These are a few little things we can do each day that have an impact on our mood and can help us approach each day with a winning attitude!

Upcoming Events



MOTIVATION IN UNCERTAIN TIMES

**FREE WORKSHOP NOVEMBER 24TH, 10:30 -12:30
AT OUR OFFICES OR ONLINE VIA ZOOM**

It is normal to struggle with motivation, even more so in uncertain times. Whether you are trying to find motivation to look for a new job, go back to school or simply improve your overall daily motivation; this workshop will help to demystify motivation and help with tips to overcome low motivation.

To sign up | joblinks@etsb.qc.ca



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We look forward to helping you!

