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F*CK LAYOFFS

From the [50 Conversations Podcast](#)

WEEK 1

Claim space for yourself. Process the shock of the layoff. Then make a list of all the things you were good at in your job. Start with ten things here:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Next, write down 3 people from your last job who could be good references BONUS POINTS: Connect with them on LinkedIn to stay in touch.

- 1.
- 2.
- 3.

Prepare for your next move with the new career book:

[Punch Doubt in the Face: How to Upskill, Change Careers, and Beat the Robots](#)

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WEEK 2

Set up job alerts on LinkedIn or Indeed ([watch this video](#) on how to do it in LinkedIn)

Set up alerts for your job title and keywords related to your work.

Example:

Job Title:

Social Media Specialist

Keywords:

content marketing, digital marketing, social media marketing, instagram community manager.

Brainstorm your job alerts here:

Job Title

Keywords

- 1.
- 2.
- 3.
- 4.
- 5.

15 Minutes a Day

Spend 15 minutes a day reading jobs that interest you. Remember to reframe your thinking. Don't think about what you can't do. Pay attention to what you *can* do.

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Questions to ask yourself:

- Are you 70% qualified for the job?
- Is it interesting?
- Do you have the skills to do the job?

List five jobs that are interesting to you and that you are qualified for:

- 1.
- 2.
- 3.
- 4.
- 5.

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