

MOTIVATION TRACKER JOURNAL FOR JOB FINDING

Weekly overview page

Journal goals

- Track motivation and energy during the job search
- Set realistic, manageable job-seeking goals
- Celebrate effort and progress (not just results)
- Reflect on what helps and what blocks motivation



What's Inside

- Weekly overview page
- Today's check-In
- Looking back on my week



Weekly overview page

What kind of job am I looking for?



What is my goal for this week

What motivates me right now?



What might be difficult this week?

How can I support myself or ask for support?



Today's check-In

Date _____

- Mo
- Tu
- We
- Th
- Fr
- Sa
- Su



Date

Choose your mood

- Great
- Good
- Okay
- Not good
- Awful

Energy Level

- Great
- Good
- Okay
- Not good
- Awful

Energy Level

- 5
- 4
- 3
- 2
- 1

Today's Goal (Pick 1-2 tasks)

How did it go? (Short reflection)

What will I try tomorrow? (New idea, better routine, or same plan again)



Looking back on my week

3 things I did this week in my job search

What helped me stay motivated?

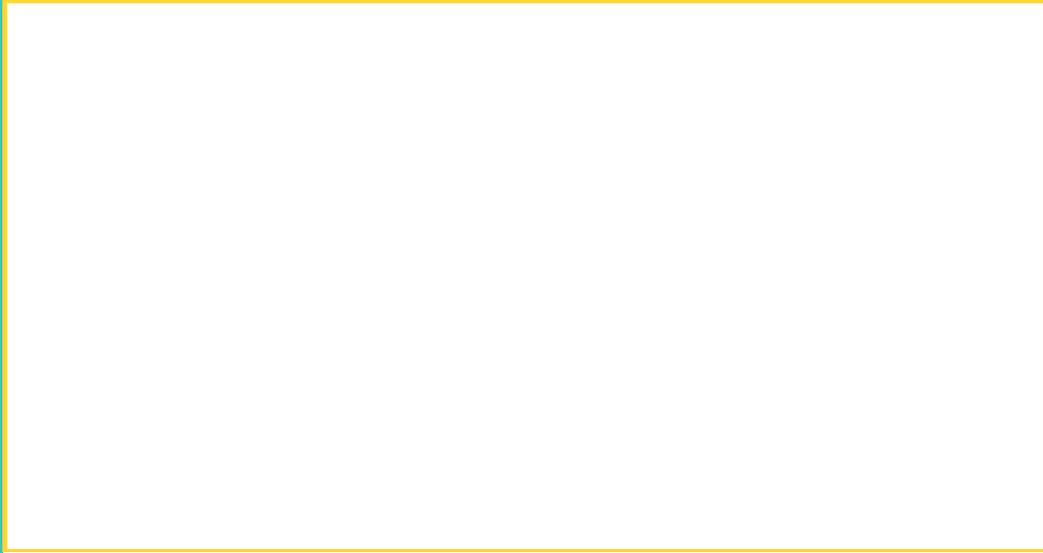
What blocked me?

What's one step I'll take next week?

What support do I need? (From counselor,
friends, job center, etc.)

Explaining Challenges and Strengths

How will you explain your challenges to your employer?

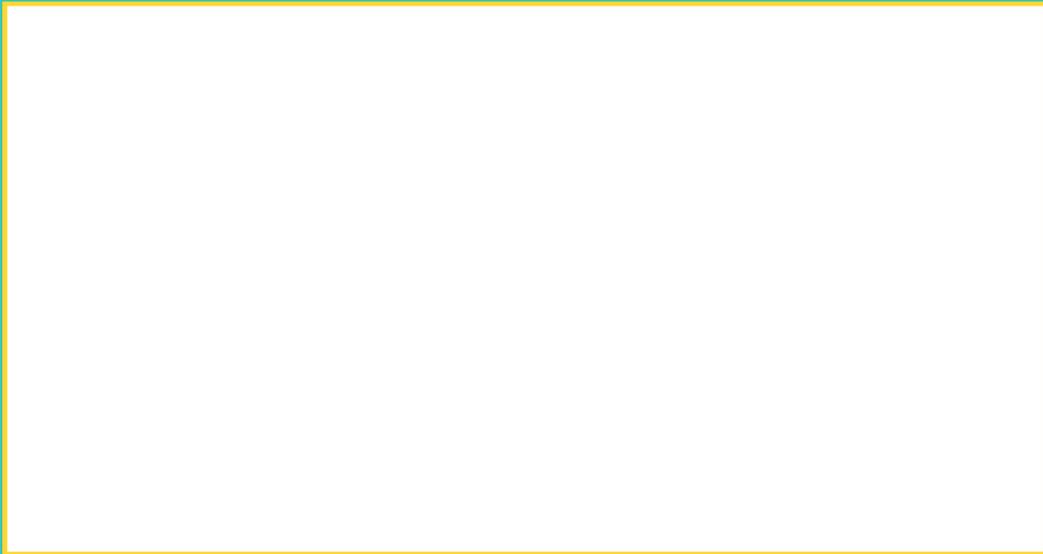


How will you explain your strengths to your employer?



Job search tips

Write down what you're good at: creativity, problem-solving, empathy, visual thinking, etc.



Use accessible job platforms

- Choose job sites that offer filters, clear layouts, and accessibility features (e.g., LinkedIn, JobAccess for disability-friendly jobs).
- Use voice-to-text tools or screen readers if reading is tough.



Job search tips

Tailor your applications



- Use templates for CVs and cover letters to stay organized
- Keep sentences short and clear
- Ask a friend, mentor, or AI assistant to help you proofread.

Presenting yourself with confidence

Practice your pitch

- Prepare a short intro: “Hi, I’m _____. I’m great at visual design and teamwork. I’m looking for a role where I can grow and contribute creatively.”
- Record yourself or practice with someone you trust.



Use visual aids

- Bring a portfolio, diagrams, or slides to interviews if it helps you explain your ideas
- Use mind maps or bullet lists to stay on track.





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