

LIFE AFTER FIRED

www.lifeafterfired.com

info@lifeafterfired.com

UNEMPLOYMENT: MY DAILY ROUTINE

Routine is key to ensuring you keep your sanity during unemployment. You may not be working but a routine is the structure you need to be in the best possible mindset when opportunities come along.

6AM – RISE AND SHINE! ITS TIME TO ATTACK THE DAY!

TOP TIP: Keep a big glass of water next to your bed. The first thing you should do when your feet hit the floor is drink the water. It will flush through your body and make you feel amazing!

6.30AM – OFF TO THE GYM

A morning workout always set me up for a positive and productive day. Getting it out of the way early will ensure that if motivation is lacking later in the day, the workout doesn't get bumped.

8.30am – Walk home along the canal

TOP TIP: The world looks so different on foot. Ditch the car or the public transport and make your way by home by foot.

9.30AM – POWER BREAKFAST

My breakfast of choice during this time was sautéed kale and scrambled eggs. But any combination of protein and vegetables will fill you up and keep your mind sharp.

10AM – TIME TO SET UP OFFICE AT MY LOCAL CAFÉ

Getting out of the house is key. Have somewhere to go. Whether it's a local café, a friend's apartment, or if you can afford it, a co-working space.

I would use my 'office' space as the place I went when it was time to update my CV, write cover letter, answer emails, send in job applications etc.

TOP TIP: Co-working spaces, or professional hot desk locations are full of creative and inspiring people. It's a great opportunity to network and you may even find casual work or your next permanent role while you are there.

11AM – JOB INTERVIEW

I had a lot of interviews in the 7 months I was job-hunting. I liked to schedule them in the late morning where possible. This gave me time enough to get my head together but not too long that I spent the day stressing about it.

1PM – COFFEE WITH FORMER COLLEAGUES

Keeping in touch with former colleagues helped to keep me sane and in touch with what was happening in my industry. You will need regular human contact if you are unemployed. Make sure you schedule lots of coffees!

3PM – COFFEE WITH A NEW CONTACT

Making new contacts was key to my strategy for finding a new job. Not just because I thought an opportunity might open up, but also because I wanted to be inspired by other people's career journeys.

TOP TIP: Reach out to 10 people you know and ask them if they can introduce you to one person they think could be interesting for you to meet. When you meet that person, ask them to do the same. Your diary will fill up very quickly!

5PM – HOME TO RELAX

One of my favourite times of the day was the early evening. It provided a good opportunity to assess the day and plan for the next, as well as sit back and relax! Netflix was my friend during this time.

TOP TIP: Give yourself a Netflix (or similar) time limit! Relaxing is one thing, but wasting away your day binge watching TV box sets is not going to do your mental health any good!

7PM – DINNER OR DRINKS WITH FRIENDS

Whilst dinner and drinks is not wallet-friendly when you are unemployed, it does help keep you sane. Find the right balance. Don't use unemployment as an excuse to hide out at home all day. You need to see the people you love.

10PM – EARLY TO BED AND READY TO DO IT ALL OVER AGAIN TOMORROW!