“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.”  
- Charles Darwin

DAILY HABITS:
- Write a positive note
- Journal about something positive that happened in the last 24 hours
- Exercise for 10 minutes
- Meditate for 2 minutes
- Write 3 things you’re thankful for
- Shawn Achor

ITEMS NEEDED TO MAKE JOB SEARCH SUCCESSFUL:
- Job/Industry target information
- Job description
- Company research
- Master application
- Master résumé
- Cover letter
- Networking information
- Business cards
- Interviewing skills
- Thank you cards
- Job search contact log
- I-9 information
- References (work and personal)
- Education documentation
- Awards and recognitions
- Certifications/licenses
- Social media profiles
- Interview clothes
- Calendar or schedule

Social Media Explained (Donut Edition)

- Twitter: “I’m eating a donut”
- Facebook: “I like donuts”
- Foursquare: “This is where I eat donuts”
- YouTube: “Here’s a video of me eating a donut”
- Instagram: “Here’s a vintage photo of my donut”
- Pinterest: “Here’s a pretty donut recipe”
- Imgur: “Here’s a viral picture of my donut”
- LinkedIn: “My skills include donut eating”
- Spotify: “Now listening to "Donuts"”
- Google+: “I’m a Google employee who eats donuts”

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