**Planning your job search - transcript**

0:00 Looking for a job has ups and downs,

0:02 but you need to keep at it.

0:04 There are ways to stay positive and motivated.

0:07 My top tips? When you plan out what you're

0:10 going to do each day, keep it varied.

0:12 Doing different things keeps you fresh and

0:15 gives you more chances of success.

0:17 If you have a knockback,

0:18 don't dwell on it too much.

0:20 Move on to the next thing in your plan.