

The Doomjobbing Detox

One page. Forty-five minutes a day. Print it, work it, close the laptop.

MY 45 MINUTES ARE _____ to _____ WHEN THE TIMER ENDS, I'M DONE

THE DAILY 45

- ☐ 10 min Verify the roles on your list (checklist below) _____
- ☐ 25 min Two or three real applications, tailored _____
- ☐ 10 min One human conversation _____

VERIFY BEFORE YOU APPLY

☐ On the company's own careers page or ATS

☐ Post date confirmed on their site, not the board

☐ Live under 60 days

☐ Real responsibilities, not just adjectives

☐ A real person on this team findable on LinkedIn

Two or more misses? Skip it. Two minutes of checking beats forty-five minutes on a ghost.

TODAY'S APPLICATIONS

Three real ones beat thirty fast ones.

ROLE & COMPANY

WHY THEM, IN ONE SENTENCE

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WHY THEM, IN ONE SENTENCE

TODAY'S ONE CONVERSATION

WHO

WHAT I'M ASKING

Try: "I'm looking at roles like X, and you've been in that world. What should I be paying attention to that I'm probably missing?"

THE PARKING LOT

Anything you'd have chased at 11pm. Handle it tomorrow, inside the 45.

FRIDAY REVIEW — TEN MINUTES

What went out this week?

What came back?

What deserves a follow-up, and when?

What to repeat, what to drop?

Three real applications beat thirty fast ones.
The math feels wrong. The results prove it right.