TO BE SHARED WITH EVERYONE

What to Do in Week 1

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JOYNR
find your people. get back to work.

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Your Day-by-Day Plan for the First 7 Days

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get back to work.

A note before you start.

The 48-hour survival mode is over. You've filed for unemployment, reviewed your severance, and given yourself permission to breathe. Now the real structure begins. This guide gives you a clear focus for each day of your first week, so the time doesn't blur and the momentum doesn't stall.

You don't have to do everything, but consider that each task sets you up for your own personal success.

DAY 1 — LAND

Today is about orientation, not action. Build the foundation that supports everything else.

Set your hours

Decide when your workday starts and ends. Write it down. Tell someone. What's not fine is letting the day have no shape. Structure is the first thing that protects you from the spiral.

Create your workspace

Find a spot that is only for job search work. Not the couch. Not the kitchen table where dinner happens. A place your brain associates with focus.

Set up a simple tracking system

A spreadsheet works. A notebook works. You could use AI for this. What you need: company name, role, date applied, contact name, status, next step. You will forget things. The tracker remembers for you.

Tell your inner circle

Not a LinkedIn post. Not a mass email. Two or three people who matter. Tell them what happened, what you're looking for, and that you'll be in touch. That's it for today.

Give yourself credit

You made it through the first 48 hours. That took more than people realize. Today counts.

⚠ **The LinkedIn impulse.**
The urge to post something is real. Don't. An emotional post written in shock rarely lands the way you intend. Give it a week. When you do post, you'll have a clearer head and a better story. Your future employer may be reading that frustrated "just laid-off" post.

DAY 2 — ASSESS

Today you get honest with yourself about where you are and where you want to go.

Do your financial inventory
You did a quick snapshot earlier. Now go deeper. Calculate your actual monthly burn rate. Know your runway precisely. This number tells you whether you can be selective or whether you need to move fast.

Define what you actually want next
Not what you think you should want. What you actually want. Write three sentences: the role you want, the kind of company you want it at, and the thing you will not compromise on. This becomes your filter for everything.

Document your value
Not your job titles. Not your resume. Your actual value. What do you bring to work every day that your peers don't? What problems do you solve that nobody else notices? What do people come to you for? Write it down. All of it. You just lost a job, you didn't lose what you know, what you've built, or who you are. That lives with you. Getting it on paper right now, before the doubt sets in, is one of the most important things you can do in week one. You will come back to this. It will remind you what you're worth when the silence from recruiters starts to feel personal.

Audit your resume
Not a full rewrite. An honest look. Is your most recent role on there with accurate dates and real accomplishments? Does it tell the story of someone who can do what you want to do next? Flag what needs work.

Check your LinkedIn
Is your headline current? Does your summary reflect where you're going, not just where you've been? Is Open to Work turned on? These three things take 20 minutes and immediately signal availability to recruiters.

Research your market rate
Use LinkedIn Salary, Glassdoor, or ask people in your network. Know the range before anyone asks what you're looking for. You can't negotiate what you don't understand.

Identify two or three target companies
Companies where you'd genuinely want to work. Add them to your tracker. Who do you know there? What roles are open? The groundwork starts now.

⚠ **The panic decision.**
Do not touch your 401k. Do not make major financial moves in week 1. You do not know your real runway yet. Make the inventory first. Decide later.

DAY 3 — CONNECT

The job search is a relationship game. Today you start warming the network.

⚠ **The wrong ask.**
"Do you know of any openings?" is the fastest way to end a conversation before it starts. Ask for a 20-minute call, an introduction, or advice. Never ask for a job. The jobs come from the relationship, not the ask.

Build your outreach list
Former managers, former colleagues, industry peers, people at companies you're interested in. Don't filter yet. Just build the list. Aim for 20 names minimum.

Send five outreach messages
Not five applications. Five personal messages to people you actually know. Short, warm, specific. Tell them what happened, what you're looking for, and **ask for one thing**. Five is enough for today.

Reconnect with one person you've lost touch with
Not to ask for anything. Just to reconnect. A quick note: I've been thinking about you, hope things are good. That's it. Relationships need warming before they can help you.

Apply to two or three roles
Not spray and pray. Two or three roles you actually want, where you actually meet the requirements. Customize each application. Quality beats volume every time.

Log everything in your tracker
Every message sent, every application submitted, every response received. The tracker is your command center. Keep it current.

⚠ **The scam DMs are real.**
Scammers, and the AI running their scripts, start showing up the moment you're visible. A cloned LinkedIn profile is easy to fake. A matching company email is not. If the message comes from Gmail or another free domain, that's your answer. Asking to speak with a real human makes a bot or a scammer back off fast. Legitimate recruiters almost never ask you to pay for a resume review or job access, if someone does, treat it as a red flag. Full guide to spotting these in the Resource Library.

DAY 4 — BUILD

Head down, output focused. Today the week starts paying off.

Rewrite your resume properly
Lead with impact, not responsibility. Quantify where you can. Cut anything from more than 10 years ago that isn't directly relevant. Get it to two pages or less. Bring it to the Joynr community for a red-flag check.

Write your positioning statement
Two or three sentences you can say out loud when someone asks what you're looking for. Practice it until it doesn't sound rehearsed. This becomes your LinkedIn summary and your email opener.

Send five more outreach messages
Keep the momentum from Day 3. Ten total by end of Day 4. The compounding effect of consistent outreach is real.

Apply to two or three more roles
Same rule: roles you actually want, where you actually qualify. Customize each one. One strong application beats ten generic ones.

⚠ **The resume trap.**
If you spent more time formatting your resume than talking to people this week, flip the ratio. 80% of jobs are filled through relationships. The resume gets you through the door someone held open. **FIND YOUR PEOPLE**.

DAY 5 — RESEARCH

Get smart about the landscape before the landscape gets away from you.

Research your target companies
Pick five to ten companies where you'd genuinely want to work. Look at their LinkedIn pages, recent news, open roles. Who do you know there? Add everything to your tracker.

Map your network to your targets
For each target company, check if you have a first or second-degree connection. A warm introduction is worth ten cold applications. Start identifying who can open those doors.

Identify three roles to apply to next week
Not apply yet. Identify. Find the job description, find the hiring manager on LinkedIn if you can, check for connections. Do the groundwork now so Monday's applications are warm, not cold.

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Check in on your outreach
Did anyone respond from Day 3 or 4? Follow up where appropriate. One nudge, warm and brief, is all it takes.

DAY 6 — REST

This is not optional. It is part of the plan.

Take the day completely off
No applications. No LinkedIn. No thinking about your resume. Do something that has nothing to do with work. Move your body. See a friend. Make something with your hands. Touch grass.

Protect this day
The job search is a marathon. People who treat every day like a sprint burn out by week three and start making desperate decisions. Rest is not laziness. It is strategy.

Tell someone you're taking the day
Accountability works both ways. Someone should know you're intentionally stepping back today. That's what the Joynr community and Joynr Buddy is for.

⚠ **Skipping rest.**
This feels like the responsible thing to skip. It isn't. The people who don't rest in week 1 make worse decisions, write weaker outreach, and interview badly by week 2. Rest is part of the job.

DAY 7 — REFLECT AND PLAN

End the week with intention. Set up next week to be better than this one.

Review your tracker
What did you send? What came back? What is the next step on each thread? Nothing falls through the cracks when the tracker is current.

Write three things that went well
Not three accomplishments. Three things. A good conversation, a strong revision, a moment of clarity. Train yourself to see progress.

Identify what felt hard
Not to dwell on it but to problem-solve it. If outreach felt hard, figure out why. If the resume felt uncertain, get feedback. Name the friction and make a plan for it.

Set your three priorities for next week
Three things, not ten. The week has a shape now. Protect it.

WHAT COMES NEXT

Week 1 is over. You have a tracker, a target list, a resume that's ready, and outreach in the world. That is more than most people do in a month.

⚠ **The comparison trap.**

Someone in your network just posted that they landed two weeks after their layoff. Good for them. Their search is not your search. Timelines vary wildly based on role, level, industry, and economy. Your pace is your pace.

Measuring yourself against someone else's highlight reel will not help you move faster. It will only make you feel behind. You are not behind.

The people who land fastest stay visible, stay connected, and stay accountable.

The job search wasn't designed to be done alone. It just ends up that way. You stop telling people how it's going. The days start blurring and the silence feels like judgment, but it isn't. And you don't have to sit in it.

Joynr was built for exactly this moment.

The week after week one, when the structure gets harder to hold and the momentum gets harder to find.

Joynr is the accountability that keeps you moving.

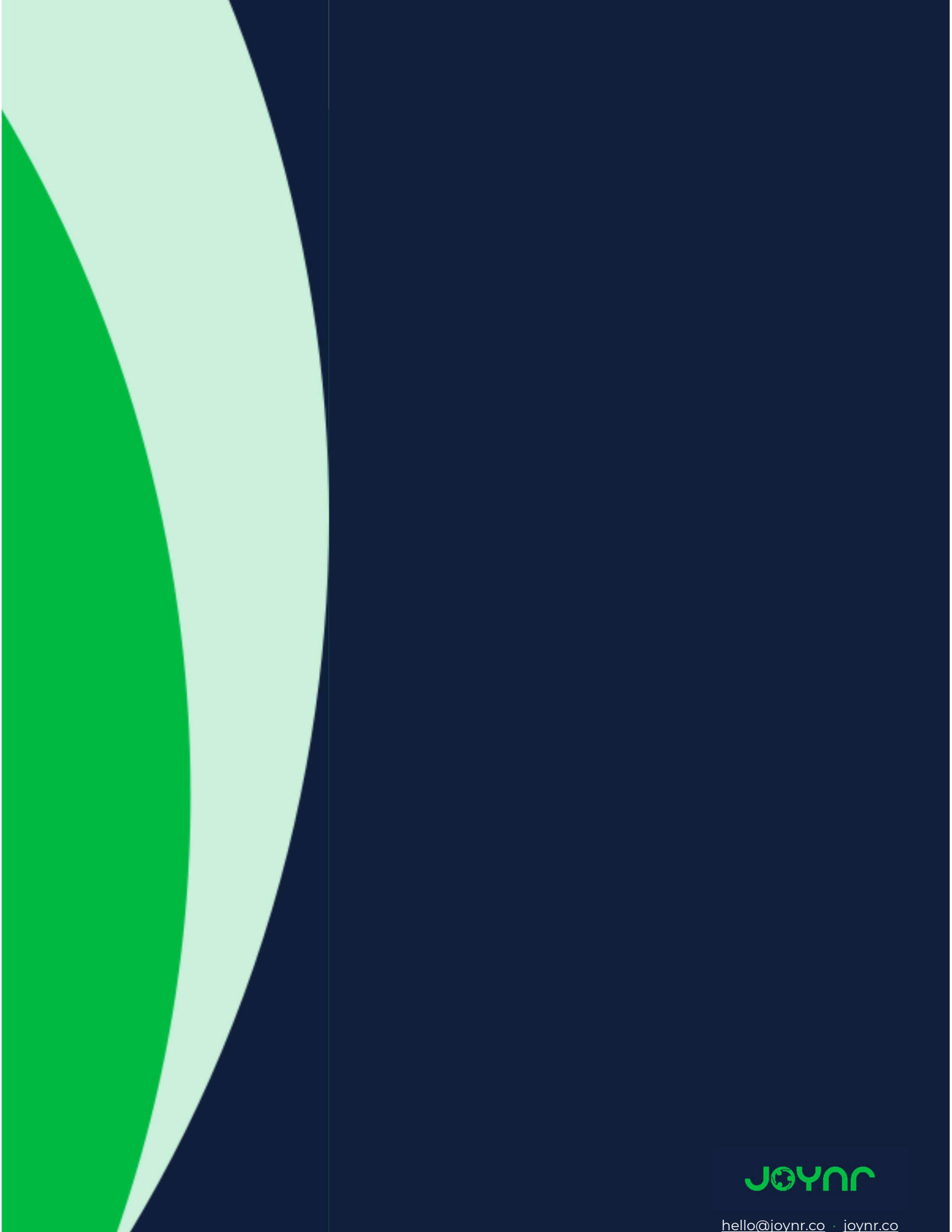
The community that notices when you go quiet. The place where someone is always in it with you.

The job search gets easier when someone is in it with you.

Want to see what Joynr's building? Visit joynr.co or reach out anytime at hello@joynr.co.

CHANGE LOG

Version	Date Modified	Modified By	Notes
1.0	June 27, 2026	Mike Hrubes	First published version
1.1	July 5, 2026	Mike Hrubes	Reviewed, cleaned, edited
1.2	July 5, 2026	Mike Hrubes	Added scam DM warning callout to Day 3



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