



Top 10 steps to consider when looking for a job

- 1. Set some goals**
Review your career path. Define your ideal job and how to get there.
- 2. Network with others to find job leads**
Talk to family, friends, neighbors and former colleagues to tell them you're looking for a job. You may be surprised how many leads you'll find through people you know.
- 3. Know what to do with your retirement money**
You can talk to TIAA about your [options](#).
- 4. Keep spending in check**
Consider creating a short-term financial strategy using our [budget worksheet](#).
- 5. Check your insurance coverage**
See if you can extend [coverage like health, life and disability insurance](#) from your previous employer or get temporary coverage to help protect your savings.
- 6. Don't mortgage your future to fund your present**
Resist the temptation to withdraw from your retirement savings to finance your transition. The cost is usually [higher than it's worth](#).
- 7. Review potential employer benefits**
Check the benefits, including insurance coverage. Know about any tax advantages and options like health savings accounts to help you plan wisely.
- 8. Stay positive**
Talk to others for support. Sharing experiences can help you stay confident about your future.
- 9. Let the professionals help with the tough financial stuff**
You can speak with TIAA to help you put a financial plan in place for your future.
- 10. Celebrate your progress**
Don't forget to relax and take care of yourself. Eat regular meals. Get enough sleep. Read a book. Close your laptop and go outside.



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