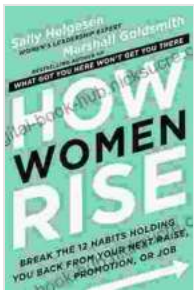


# Break the 12 Habits Holding You Back From Your Next Raise, Promotion, or Job

Are you stuck in a career rut? Feeling like you're not getting the recognition you deserve? It might be time to break some bad habits.



## How Women Rise: Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job

by Sally Helgesen

★★★★☆ 4.7 out of 5

Language : English  
File size : 1375 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 257 pages  
Screen Reader : Supported



Here are 12 habits that could be holding you back from your next raise, promotion, or job:

### 1. Not setting goals

If you don't know what you want to achieve, how can you expect to get there? Setting goals is essential for career success. It gives you something to strive for and helps you stay motivated.

### 2. Not taking initiative

Don't wait for someone to tell you what to do. Take the initiative and show your boss that you're a go-getter. Volunteer for new projects, offer to help out your colleagues, and take on additional responsibilities.

### **3. Complaining too much**

No one likes a complainer. If you're always complaining about your job, your boss, or your colleagues, you're not going to make a good impression. Instead, focus on the positive aspects of your job and try to find solutions to the problems you face.

### **4. Not being a team player**

In today's 职场, teamwork is essential. If you're not a team player, you're going to hold your team back. Learn how to work well with others, share your ideas, and support your colleagues.

### **5. Not taking feedback well**

Feedback is a gift. It's an opportunity to learn and grow. If you're not taking feedback well, you're missing out on a valuable opportunity to improve your performance.

### **6. Not being open to change**

The 职场 is constantly changing. If you're not open to change, you're going to fall behind. Be willing to adapt to new technologies, new processes, and new ways of doing things.

### **7. Not networking**

Networking is essential for career success. It's a great way to meet new people, learn about new opportunities, and get your foot in the door at new

companies.

## **8. Not being visible**

If you're not visible, you're not going to get noticed. Make sure you're attending company events, participating in meetings, and volunteering for projects.

## **9. Not taking care of yourself**

Your health and well-being are important for your career success. If you're not taking care of yourself, you're not going to be able to perform at your best.

## **10. Not being confident**

Confidence is key to career success. If you don't believe in yourself, no one else will either. Believe in your abilities and don't be afraid to pursue your goals.

## **11. Not being persistent**

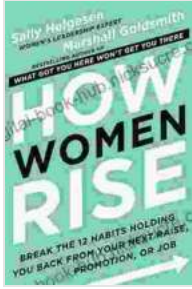
Don't give up on your dreams. If you want something badly enough, you need to be persistent. Keep working hard and never give up on your goals.

## **12. Not being yourself**

The most important thing is to be yourself. Don't try to be someone you're not. People can tell when you're being fake, and it will hurt your career in the long run.

Breaking these habits takes time and effort, but it's worth it. If you're willing to put in the work, you can achieve your career goals and live the life you

want.

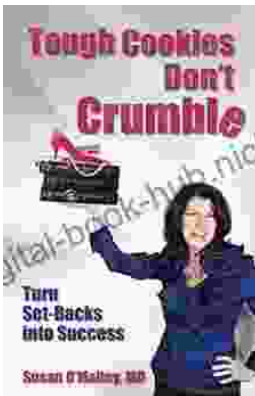


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