

Six toxic beliefs that will ruin your career

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When it comes to career progression it is essential that people should be cautious of their self-talk, because they greatly influence ones success or failure. This is because if one has self-motivating talks he will be spurred to move forward unlike the one with self-toxic beliefs. Therefore, career people should always be wary of cultivating or succumbing to the main six self-toxic beliefs. These beliefs are that perfection is equal to success, one's destiny is predetermined, I " Always" or " Never" do that, I succeed when others approve of me, my past defines my future and that my emotions portrays the reality (Bradberry, 2012).

When an employee has a self-belief that perfection defines success, he is predestined for failure considering we human beings are never perfect. In addition, this implies that he will be having low self-confidence since the employee will ever be condemning himself that he is a failure given that normally man is prone to mistakes. Therefore, one should have a balanced view of perfection but not defining it as success and this will assist in maintaining self-composure and accepting and learning from errors and mistakes.

Furthermore, the belief that one's destiny is predetermined is a fallacy, since success or failure of one's career or life generally is directly dependent on the efforts invested in times of money and time. However, although we appreciate hardships life is fair one reaps what he has sowed, but does not anticipate what he has not invested in or sown. In this case, employees should invest in gaining more skills and knowledge to facilitate their career advancement.

Moreover, those willing to move forward in their career ladder should relinquish all thoughts such as, " Never" or I " Always" do that. This is <https://assignbuster.com/six-toxic-beliefs-that-will-ruin-your-career/>

because they are self-defeating and limiting thoughts, which only serves to belittle oneself and incapacitate one's ability to perform. In order to advance career wise it paramount that an employee understand that with proper skills, knowledge and experience he/she can handle any assignment or task. One of the toughest challenge that people, who have a dream to climb the career ladder quickly, face is the dilemma of believing that they are as good or qualified as they colleagues approves of them. Despite the fact that an employee should be taking into considerations feedbacks from their fellows for their own growth and improvement, it is always wise to understand that your success is not pegged on the approval of your workmates. This is because colleagues' approval is bound to be biased and baseless at times since often it is merely an opinion of a fellow individual rather than the actual performance.

In addition, many career people often make the mistake of believing that their past mistakes, success foretells or defines their future. Considering, that success and failure are twins and always go hand in hand, it is important that people develop a perspective that their destiny is not determined by their past mistakes and lacks. Success is a matter of learning from our past mistakes and failures through continued improvement of our skills and knowledge, and through this career progression will be assured.

Finally, it has always been a great mistake taking one's emotions to be the reality, which is most often not the case. In order for a person to experience career growth and development they should be prepared to put a check to their emotions to avoid overshadowing the reality while making vital decisions in life and in their career. Conclusively, it is essential that people avoid these self-toxic beliefs, which only serve to derail them in their path to <https://assignbuster.com/six-toxic-beliefs-that-will-ruin-your-career/>

success in their careers.

Work Cited

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