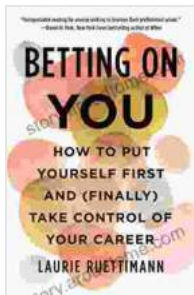


How To Put Yourself First And Finally Take Control Of Your Career

Are you tired of feeling stuck in your career? Do you feel like you're always putting everyone else's needs before your own? If so, then it's time to learn how to put yourself first and finally take control of your career.



Betting on You: How to Put Yourself First and (Finally) Take Control of Your Career by Laurie Ruettimann

★★★★☆ 4.7 out of 5

Language	: English
File size	: 2320 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 230 pages
X-Ray	: Enabled



This comprehensive guide will teach you everything you need to know about prioritizing your own needs, setting boundaries, and advocating for yourself. With these tools in your arsenal, you'll be able to create a career that is both fulfilling and successful.

Chapter 1: Why You Need to Put Yourself First

In this chapter, you'll learn why it's so important to put yourself first in your career. You'll also learn about the benefits of doing so, such as increased happiness, productivity, and success.

Chapter 2: How to Prioritize Your Needs

In this chapter, you'll learn how to prioritize your needs and set goals that are aligned with your values. You'll also learn how to say no to things that don't serve you and how to delegate tasks so that you can focus on what's most important.

Chapter 3: Setting Boundaries

In this chapter, you'll learn how to set boundaries with your colleagues, your boss, and even your family and friends. You'll also learn how to deal with difficult people and how to protect your time and energy.

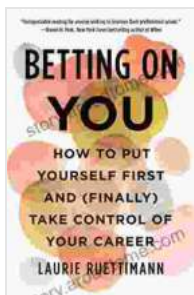
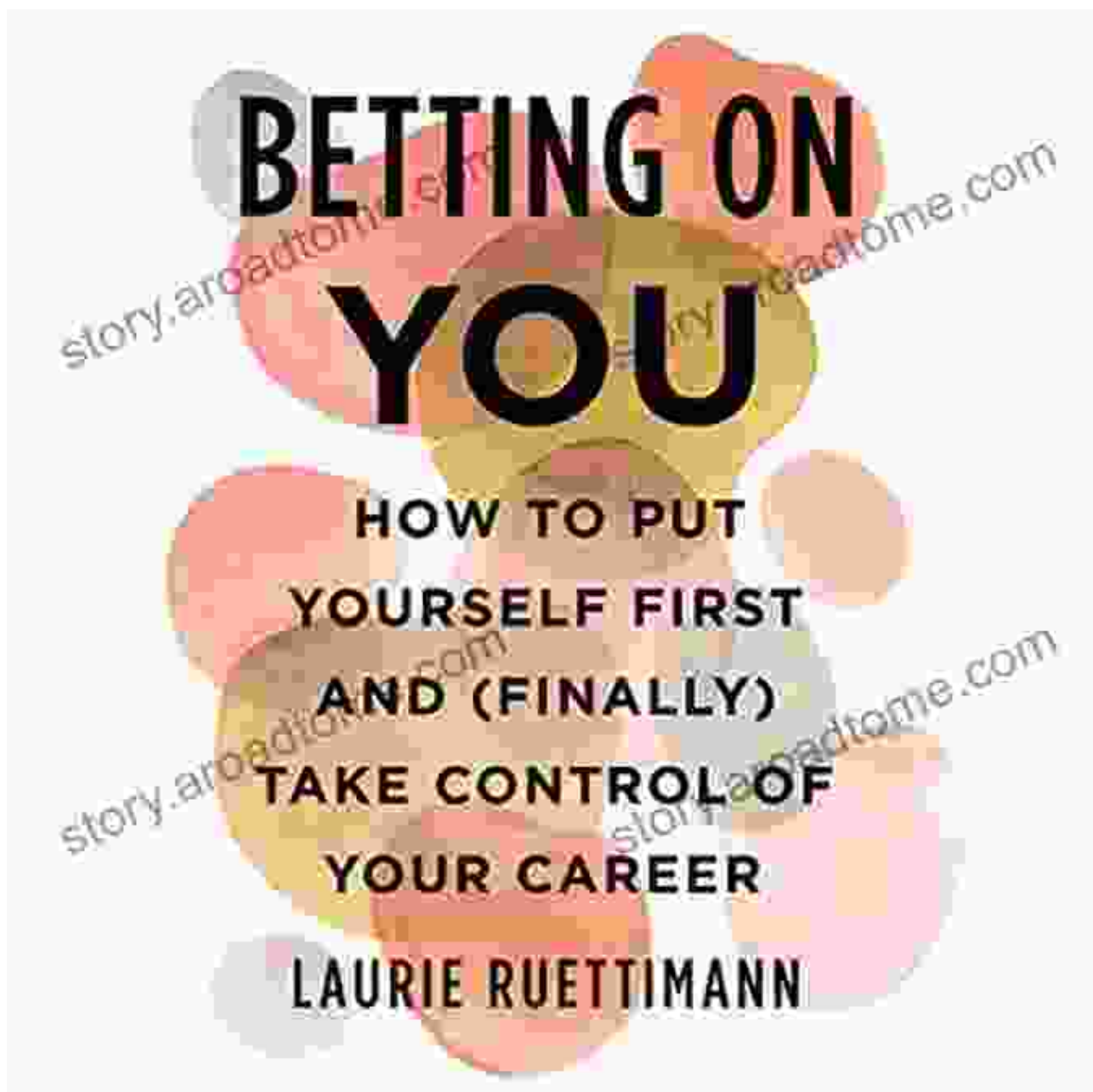
Chapter 4: Advocating for Yourself

In this chapter, you'll learn how to advocate for yourself in your career. You'll learn how to negotiate your salary, ask for a promotion, and get the resources you need to succeed.

Chapter 5: Creating a Fulfilling Career

In this chapter, you'll learn how to create a career that is both fulfilling and successful. You'll learn how to find your passion, align your work with your values, and make a positive impact on the world.

If you're ready to take control of your career and create a life that you love, then this guide is for you. Free Download your copy today and start putting yourself first!



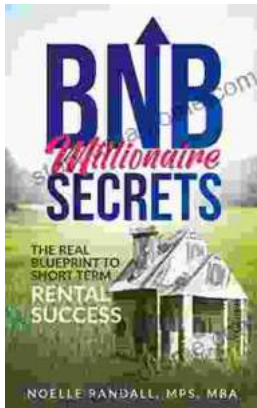
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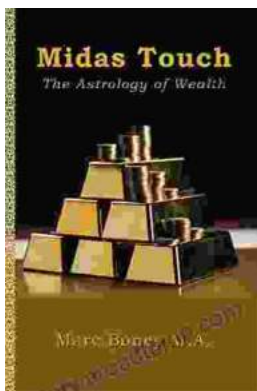
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