

The Five Stages of Opportunity

Chapter 2: Career

It's often said that the difference between successful people and really successful people is that really successful people say no to almost everything. Yet I believe this is bad advice for those early in their careers. When you're starting out, you need to do the opposite and actually say yes to almost everything. To this end, here's an outline of the five career stages I've experienced, each of which required a different approach to accepting or declining opportunities.

JOHN BERARDI'S Five stages of saying 'no'



These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book