

Eight Reputation Principles

Chapter 6: Reputation

Your path to growing your reputation may look different than mine. So here are eight foundational principles you can use to build your own reputation and professionalism in a way that feels right for you.

- 1.** All skills, including reputation skills, require patient practice.
- 2.** Feedback, even if it's delivered unskillfully, is a precious gift.
- 3.** Aggressively hunt feedback, expose yourself to all growth opportunities.
- 4.** Learn to give great feedback too.
- 5.** Getting good at crucial conversations makes you the most valuable person in the room.
- 6.** Know and articulate your goal in every situation.
- 7.** Cultivate and invest in wisdom.
- 8.** Operate with unflinching integrity and authenticity.

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