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## Six Ways to Improve Yourself and Your Career

Looking for ways to improve yourself, so that you can enhance your chances of getting hired is important in today's job market. No matter what field you are seeking employment in, it's necessary that you continuously improve yourself, so that your application, resume and interview stand out to the employer. If you need help with deciding which areas to improve, read on for six ideas.

1. **Improve Your Communication Skills:** Just about every business requires that you have good communication skills. If you weren't one of the lucky folks who was born with charisma, you can always take communication skills classes to improve it. Knowing how to speak well is always good and it will show through your interview, which will increase your chances of getting hired. These classes will feature public speaking, which will diminish any stage fright you may have.
2. **Buy Motivational Books:** Reading books about empowering yourself in different areas of your career and personal life is always recommended. These books focus on teaching you different ways to move forward in your life and reaching whatever goals you may have.
3. **Get More Creative:** Being creative can help you advance your career, no matter what field you're in. Thinking outside the box is always a great thing, especially if you work in a department like marketing or sales. You can do this by tapping into your emotions, drawing, writing, dancing and taking creative classes.
4. **Do Yoga, Pilates and Other Workouts:** Having good health is important to having a long, successful career. Without it, you will miss days of work, have less concentration and sometimes more stress. Working out is a great way to relieve stress and to give your brain positive endorphins, which make you happy. It will also enhance self-confidence - something we could all use more of. Make sure to also get plenty of sleep (exercising definitely makes that easier).
5. **Hire a Mentor:** Mentors can help you stay on the path to becoming a better you for your career and personal life. When looking for a mentor, make sure that he or she matches your personality and the goals that you have.
6. **Work With a Non-Profit:** Doing positive things for no monetary reward can be self-satisfying at times. It can also give you experience in areas that you haven't developed in the past, which can improve your career. For instance, by joining a committee, you can gain leadership skills



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and people skills.