Women - 5 Things That May Be Sabotaging Your Career

Even in the best scenario, women will often find the corporate ladder a little steeper than their counterparts for various reasons. However, and unfortunately so, very often women tend to sabotage their career themselves. Take a look at these points and be alerted about these pitfalls:

1. **Being Too Accommodating** - A good number of women find it difficult to say 'no' especially in the face of a sob story of a friend/colleague or an intimidating 'request' from the boss. Learn to say 'no' quickly. It is important for your career, because if you cannot say no, you will end doing too many things for others and neglecting your own duties. You need to learn to say 'NO' early on.

2. **Being Too Rigid** - On the other hand, there are women who are aware that others tend to exploit their softer side, and are too rigid about any extra work, whether these assignments are requested by colleagues or the boss. This will make team work impossible and once again will adversely affect your career. There is a fine line between being a good team player and being walked all over.

3. **Lending Your Ears to Gossip** - It is not true that all women love to gossip. There are many men who love it too; however, it is more visible when women are involved. Hence, if you lend your ears to gossip too often, you end up with an image of being unreliable, which will have a horrible ripple effect on your career.

4. **Flirting to Get Things Done Around the Workplace** - This will win you a few battles definitely and at the time it will make you feel good, too. However, you are bound to lose the war when you use this path. So, you have to decide. Do you want to be known as the 'bimbo' of the office who got her promotion for all the wrong reasons, or do you want to be promoted due to your own efforts as a valued professional?

5. **Neglecting Your Health for the Job** - This may not look like a very big sacrifice at the time, but in the long run it will work adversely. Neglecting your health will sap your energy, leave you vulnerable to serious health problems, and in the end you will not be able to do your job properly. Eat healthy, take measures to fight stress, ensure that you get enough sleep, and you will actually be more productive working 8 hours a day because you will accomplish more when you are healthy and well-rested.