

Sure Ways to Kill Your Chances for Success at Work

"Success in the workplace happens by knowing what pitfalls to avoid," says John McKee, business coach and author. "To avoid becoming the overlooked one when promotions come around, check out four of McKee's "deadly career sins."

1. Pride

Show appreciation to your peers and subordinates who contributed to your success. Taking full credit for a successful project, and ignoring others who worked on it, is a sure way to make enemies. Remember the adage: "Be nice to the people you meet on the way up because you'll meet them again on your way down."

2. Envy

Becoming envious of others can make you a whiner, braggart, or excuse-maker—unattractive traits that will cost you relationships and influence on the job, especially with your superiors.

3. Anger

Anger damages your reputation, credibility, and professionalism. Professional disagreement is okay, and good ideas often spring from healthy debate between peers. However, if you show frequent outbursts of anger, the promotions and rewards are likely to go to others.

4. Greed

Wanting "more, sooner" can be self-defeating if your values become misguided and your life gets unbalanced. Selfishness and short-term gains won't prepare you for the next level, but a long-term approach to your job will.

5. Laziness

Expecting your past achievements and successes to carry you to long-term success is a sure route to failure. If your aspirations are high, treat every workday and every project as if your job, and your future, depends on it. Laziness has no place in the workplace.

Adapted from an article by Rachel Zupek, CareerBuilder.com writer

Action: Add one more way to kill your chances for success at work and explain why it matters.