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I spent the last 13 years building a career at T Mobile. It changed my life, and tomorrow is my last day.

Here are 10 rules I learned to get you promoted and help you **win at life**:

1. Move With the Movers

- a. Pay attention to the people getting new opportunities and advancing their careers.
- b. Don't look at them as competition. Make them your friends.
- c. Instead of asking for favors, find ways to support them and celebrate their successes.

2. Be an Excellent Teammate

- a. Great leaders start as great teammates.
- b. Look for ways to enrich the people on your team.
- c. Be the person who is always ready to help others get better.
- d. You never know who is watching or the impact you will make on another person.

3. Find a Bad-Ass Mentor

- a. You need people on your side who will advocate for you when important decisions are being made.
- b. Do not wait for people to pick you out of the crowd. This doesn't work.
- c. Find opportunities to share your success and ask for feedback to help you grow.

4. Master Emotional Intelligence

- a. The more responsibility you have, the more stressful your job can become.
- b. Find productive ways to manage your stress so you can be at your best for your team.
- c. You will never get a new job or client if you look overwhelmed with your current work.

5. Stop Comparing Yourself to Others

- a. Realize you are on a different journey than the people around you.
- b. Comparing yourself to others is a path to being miserable.
- c. Winners focus on winning.
- d. Losers focus on winners.

6. Always Do What You Say You Will

- a. This is the easiest way to build trust and stand out as someone reliable.
- b. Don't wait for people to follow up with you.
- c. Make sure following through on commitments becomes part of your brand.
- d. It will show people you are ready for more.

7. Focus on Strengths

- a. People who focus on strengths see themselves differently, their future differently, and others differently.
- b. Focusing on the value of the people around you is a simple way to encourage them to use their strengths more often.

8. Think Three Moves Ahead

- a. As you navigate your career and business, make sure you look at options that make sense for you.
- b. Think about where you want to be in 5-10 years when deciding your next step.
- c. Sometimes a step to the side, or slight pivot, is the right move.

9. Model the Change

- a. Be the change you want to see in others.
- b. If you aren't doing this, you are likely coming across as superficial.
- c. All the networking and relationship building will be a waste of time if you can't deliver when it is time.

10. Default to Yes.

- a. Get used to saying yes to challenges and opportunities--regardless of how big or small.
- b. Saying no once can mean not getting a second chance.

These stretch opportunities are a great way to develop new skills and expand your network in a meaningful way.