

How to stop cynicism getting in the way of your career

Cynicism often starts with a real experience but can become a mindset that limits what you do next.

Replacing cynicism with small actions, curiosity, generosity, and grounding gives you more control and a more useful perspective on your career.



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Try some cynicism swaps

Create space for small actions

When problems feel big, it's easy to feel powerless.

Small actions build momentum and replace cynicism with a sense of control.

Try: spending 5 minutes a day on learning something new.

It adds up to 100 minutes a month (and 2 days a year) of learning that you didn't do before.

Learn from different views

Cynicism grows if we only spend time with people who see things the same way as us

Try: working with someone who thinks differently to you (e.g. if you value freedom, they might value efficiency).

Use that difference to ask: *"How is their approach useful? How could we be better together?"*

Give without keeping score

Cynicism can make you think you need to keep things to yourself to get ahead.

But sharing what you have helps everyone do better.

Try: doing a 5-minute favour every Friday.

Share something useful, make an introduction, or offer your time - without expecting anything back.

Build a daily grounding habit

Cynicism can grow when things feel out of your control.

Grounding can help you to reset your perspective.

Try: doing one small thing every day that grounds you.

It could be walking, listening to music, growing something or taking a moment of quiet.

Coach yourself

Where is cynicism showing up for me at the moment?

