

SAY "YES!"

Embrace New Opportunities

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Saying "yes" more may seem easy to do...but is it? It may not be simple if it puts you outside your comfort zone. It is great to take advantage of opportunities that come along during our academic and professional careers. These opportunities can benefit us in multiple ways, such as by expanding our network, gaining a new skill set, or helping us to achieve a goal. These opportunities could look like volunteering, taking on a new task at work, or even mentoring.

It can also be easy to fall into a professional work routine where we are comfortable, making new opportunities seem extremely daunting. After all, it would get us out of our comfort zones!

Don't allow the novel occasions that arise in your educational and professional careers to intimidate you; here are the benefits of saying "yes" to unique opportunities and some ways to overcome the challenge of leaving your safe haven.

EMBRACING NEW OPPORTUNITIES EARLY IN YOUR JOURNEY

Don't wait until you have launched into your professional career to begin saying "yes" to new challenges. Instilling an open mindset when we are younger only makes it much easier to take advantage of these unique opportunities for the rest of your career. Embracing change and new opportunities earlier in your life helps you stay out of that box you put yourself in!

During your academic career, you usually have much more time on your hands to sign up for new opportunities. This is an ideal time in your life to meet new people and expand your network. This could be signing up for a club, volunteering, joining a sorority or fraternity, or even connecting with classmates for a study group.

SAYING "YES" IN YOUR CAREER

Suppose your boss has proposed the idea of you attending a conference and representing the company on your own. For some, this might be an easy "yes!" For others, the thought of attending a conference for the first time or going alone might seem daunting.

Instead of thinking about how overwhelming going alone feels, try to think of all the benefits this new opportunity could bring you:

- A chance to network with a new group of people
- Show your boss that you have initiative
- Expand your educational palette.
- Build your professional skills and resume

HOW TO SAY "YES" TO GROWTH OPPORTUNITIES

Challenging yourself to say "yes" more in your career doesn't necessarily mean you have to take a course or complete a certificate; you could simply do a task that is not your usual cup of tea. By doing something that is not in your norm, whether it is big or small, you are challenging yourself and pushing yourself to an area you have not been before. Other effective opportunities to say "yes" on the job could include:

- Signing up for a volunteer activity.
- Going to lunch with a coworker or colleague
- Seeking advice from a mentor

WHY YOU SHOULD CHALLENGE YOURSELF TO SAY "YES" TO GROWTH OPPORTUNITIES

Having an unlimited mindset really opens the door to many more possibilities. If you have an attitude of "yes," people may be keener on approaching you or even asking for collaboration or feedback. Having that type of skill not only adds to your toolbox of skills, but also to your entire team.

YOU WILL IMPACT OTHERS

Being someone who says "yes" and is open to new things can rub off and have influence over others. I have a friend that says "yes" to almost every opportunity. Just by being friends with her, she has influenced me and made me want to get out there and do more.

You never know who you could be affecting.

SET A GOAL

If it is too overwhelming for you to think of a life of saying "yes", set yourself a time parameter and try to complete that. For example, tell yourself that for an entire month that you are going to take advantage of the opportunities that arise. Do not make an excuse for why you cannot attend or commit to opportunities that fill your cup or contribute to your growth. Setting a goal and establishing a time to complete it can help you remain accountable and push yourself to grow. Establish boundaries by agreeing only to activities that you are comfortable committing and completing.

When you think about life as a whole, it is much more fulfilling to say "yes" to new opportunities rather than be timid and missing out on the possibilities. Saying "yes" not only opens the door for us, but it also makes us better versions of ourselves through new experiences and growth opportunities.

AgCareers.com's followers responded to a posted poll, "How quick are you to say "yes" to a new opportunity?"

25% ASAP

73% I like to think about it

2% I seek reasons to refuse

I challenge you, the next time someone presents you with an opportunity that makes you feel nervous or a little uncomfortable, give it some thought and say "yes!" Every time you get out of that box you put yourself in, you are expanding and growing. **AG**