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“Uncertainty is a very good thing: it's the beginning of an investigation, and the investigation should never end.”

Tim Crouch

# Realist

As a Realist you invest energy and time asking lots of questions, anticipating what is needed... thinking about what could go wrong. Being as informed and objective as possible can create strong outcomes! You are committed to being very realistic; you look for the “gotcha” waiting to ambush your work. You analyze and dig; looking for information, piecing together not just Plan A, but Plan B as well. Others may feel you are holding them up unnecessarily or worrying about nothing; they accuse you of being caught up in the “weeds”.

Anxiety fuels feelings of compromise when others don't understand why you have so many questions or play the devil's

advocate. They see you as pessimistic and contrary: an obstacle to progress, especially if your questions or decision-making is taking up valuable time. People don't appreciate how you ensure things work out; how you vigilantly stand between them and possible catastrophe. You see the glass as “half full”, not pessimism, just fact.

When feelings of compromise and anxiety come home with you it fuels a double-checking of plans and commitments with loved ones; “Are you sure the piano recital is tomorrow?” To others this looks like obsession and if questioned you feel betrayed by the lack of support from loved ones; “Just wait, someday I'll plan so well I will actually be in two places at once!”

*Love Your Working Life...(yes, it is possible)*



Have faith that you can *thrive*, even in the unknown.

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# Realist

## *Free Your Potential...*

Your mind is a well-oiled machine look at all the data you can pull together and make "speak"! You think of the unthinkable, figure out the unknowable, all to uncover the unfamiliar. That is a lot to take on; the lengths you go to when you are uncomfortable with what is going on in your work are truly commendable...and it holds back your deepest potential. Your dedication and loyalty are admirable, but always trying to make the unknown known is a never-ending and exhausting task (aren't you worn out?). Your focus on future problems means you miss out on opportunities in the present that would allow you to really contribute and enjoy your work. Both you and your team need

balance - dial down the devil's advocate...is she the voice of your inner critic? Tell her to chill out! Give yourself some quiet time to see the glass is full, (*but not just with water...*). Yes, trusting that it will be all right is a scary proposition, but your best is always enough...and so is everyone else's. Your darkest fears are not held at bay by your vigilance, but by the light of your curiosity and deep commitment. Believe in yourself, have faith in others. Trust not only in your abilities, but also in the way you uniquely apply them at work – you've got this (it doesn't have you). Know that your curiosity will lead you to make meaningful contributions, allowing your working life to support your wellbeing and your potential.

*Carleen*

*Love Your Working Life...(yes, it is possible)*