

Robust Roberta Wannabe?

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A colleague recently told me, “Other people do so much more than me.” You too may compare yourself to the world’s Robust Robertas or Hardy Harrys. Sure they can put in long hours, run 10 hour marathons and then beg for more responsibility. Most literature describes these people as having Type A personalities. Your job is to stop demeaning yourself in the middle of a comparison. As the old adage goes *you can’t compare apples to oranges* not to say you work or live in a fruit bowl.

Some people take very little down time and may even thrive on the fly. It’s hard to keep up or connect with them. Others run like a race car and periodically collapse in an engine breakdown. This accelerate-break down rhythm may or may not work for them. Connecting with them is often when they need your help. Still others move and talk in a relaxed flow like a gentle brook. In their company we may feel either bored or peaceful.

People in each of these three speed categories vary in their effectiveness at work and in relationships. Comparing ourselves to others can create damage to our confidence. Our mentors and heroes model how to best negotiate, listen, act courageously, generously and compassionately, or any other number of success behaviors. It’s up to us to decide which of those activities we do in ease, bring satisfaction and leave room to maintain connection to ourselves and our loved ones. We can decide our satisfactory level of daily pace and accomplishment, except for performance reviews.

Avoid celebrating only the *busy, busy, busy* life. Honor your body with necessary sleep, exercise and relaxation. Follow your own passions rather than listening to your inner chattering *should’s, must’s* and *have to’s*. Consider making some summer days lazy and hazy. No cat compares her daily mouse catch to others. She opens her eyes, takes a peek, decides if she is inspired or hungry and most often returns to her nap. August awaits a demonstration of your way to do *you*. Robust Roberta just might learn something watching.

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