

***Neutralise your Drivers and
Remain the Passionate Professional you Aim to Be!***

"Be perfect"

I don't have to do everything 'perfectly', often 'good' is good enough!
It is safe for me to make mistakes, it can happen to anybody.
I respect my deadlines.
I concentrate on what is important.

"Be realistic"

"Be strong"

I listen to my body so I know when I am crossing my limits.
It is safe for me to stop when I feel I'm crossing my limits.
I take care of myself.
I am tolerant towards others and myself.
I express my feelings and my needs.
I avoid competing for no reason.

"Be open and express your needs"

"Hurry up"

I set priorities for myself.
I take some distance from things when planning and checking.
I think before rushing into things.
It's ok to relax. I can choose to not do anything at all...
Some things can be done quickly and others take time...

"Take your time"

"Make an effort"

I make my own decisions.
I try to simplify what I'm doing.
I do one thing at a time.
I allow myself some breaks during the day for a bit of relaxation.
I notice when I get bored and do it anyway.
I celebrate my successes (=finished projects).

"Just do it - Achieve the success you want"

"Please others"

I have to take care of myself, in order to be able to be there for others.
I ask myself on a regular basis: what do I really really want? (and I do something about it).
I can say no without feeling guilty.
I treat myself and I reward myself.
Every day I do something that is important for me.
I can't control what others think about me, so ...
I don't take I personally.

"Think of yourself as well"

For more info and detailed test:

<http://www.nancybatens.eu/blog/blog/whats-driving-you-and-whats-driving-me/>