“The pursuit of perfection often impedes improvement.”
~~ George F. Will

Every one of us is made up of strengths and weaknesses, likes and dislikes, comforts and discomforts. Different situations, people, or environments bring out different sides of our personalities, behaviors, and abilities. What may be your strength in one environment may turn out to be your weakness in another. Throughout your career you may work with leaders who make you feel like you do everything right and at other times, you may work with ones who cause you to question yourself every step of the way. You will encounter people you click with and others that you will not. How in the world are you, a unique and multi-dimensional person, supposed to be so perfect in such a multi-dimensional and diverse world?

That is a good question because so many people put that kind of pressure on themselves to do just that – say the right things, do the right things, look the right way, and make the right decisions in every single situation they encounter. Whew! Then, when they do not meet those extremely high expectations, they think of themselves as being nothing but one big failure in EVERYTHING. Wait a minute! How one-dimensional is that?

The next time you do not meet that “perfect” expectation, why not take a look around and recognize all the different and unique areas of your life where you excel, because there are many. Do not let a one-dimensional idea of success keep you from feeling good about your multi-dimensional life.

EAP Thought of the Week is developed exclusively for Optima EAP Clients by the Optima EAP Employee Education and Development Staff.

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