



Finding Balance

Being out of balance causes a situation where you are over-emphasizing the pros and cons of one behavior and under-emphasizing the pros and cons of another behavior.

For example:

Analytical vs. Intuitive

If you are too reliant on analysis to make decision, you can get into a state of paralysis where you don't make decisions or move forward because you will always want more data before making a decision.

If you are too reliant on your gut to make decisions, you might make quick decisions without any facts and find that you fail more often than necessary.

Being analytical isn't bad and being intuitive isn't bad—as long as you have balance. The important thing is to understand what your tendency is and to learn techniques to help you balance your tendency. If you are over-analytical, learn to recognize when you've gotten to a point of paralysis and force yourself to make a decision. If you tend to go with your gut, set some parameters about a minimum amount of analysis that you'll accept for yourself before making a decision.

How balanced are you? Rate yourself along these spectrums. Are there any that you need to become more balanced in?

Risk Taker	Risk Adverse
Very Confident	Low Confidence
Task Oriented	People Oriented
Extrovert	Introvert
Tech Savvy	Tech Luddite
Tactical	Strategic
Think	Act
Easy Going	Organized
Trusting	Suspicious
Optimistic	Pessimistic