A+

I have a confession to make. **I have a Type A personality**. ("*Really? We never noticed!*") Yes, it's true. Like the stereotypical Type A personality, you may have noticed that I'm highly organized, sometimes impatient, a perfectionist, goal directed, driven, afraid to make mistakes, and worried that I might disappoint someone.

I came by this honestly.

Very early on, I realized that my parents valued achievement above all else. My parents recognized, indeed celebrated, straight A's, honors, awards—essentially, anything they could brag about to their friends and neighbors. Not surprisingly, I learned that my value depended on what I achieved. Anything less than an A+, for me, feels like failure.

For about 6 weeks this fall, I took on WAY too many projects. It just happened that several things had similar deadlines. Of course, I felt driven to make each of them as good as possible. No, if I'm honest, my goal was to make them PERFECT, to get an **A+** on each of them. I became a "human DOING" instead of a "human BEING." And I was beyond stressed! Because as hard as I work, I never entirely meet the expectations I set for myself. Long before I declare a project finished, it's certainly good enough, if not actually good. Still, I push further.

I know I'm not alone in this. (You know who you are!)

Fortunately, I also know how to relax. However, often I forget to balance my drivenness with relaxation, but after the whirlwind is over, I can let down. With the many projects of the fall completed, I've been reading in front of the fire, listening to music, playing the guitar, hiking in the woods, playing pickleball… I've even started taking yoga classes.

I've realized that I need to keep an eye on my tendency to take on projects, to offer to help, to jump in, indeed, to want to take charge. As Lori Deschene says: "*Life is all about balance. You don't always need to be getting stuff done. Sometimes it's perfectly ok, and absolutely necessary to shut down, kick back, and do absolutely nothing*."

Finding balance. Delegating. Asking for help. Breathing in; breathing out. This is my challenge and my goal for myself. If you see me heading down the rabbit hole of Type A drivenness, of seeking perfection, feel free to call me on it. Gently remind me to come back to my Self, to my breath, and that it's ok to shut down, kick back, and do absolutely nothing.

Warmly,

Nancy