

Title:

Good Self, Bad Self

Word Count:

573

Summary:

Do you walk your talk? Most of us like to think that we mean what we say and say what we mean.

Then why do we keep saying we will quit doing this, or start doing that, and we find we keep o

We are not liars. We are sincere at the time. But soon or later, we find ourselves faced with

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Keywords:

ezine, leadership, management, executive, coaching, performance, manager, productivity

Article Body:

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Then why do we keep saying we will quit doing this, or start doing that, and we find we keep o

We are not liars. We are sincere at the time. But soon or later, we find ourselves faced with

Most of the time we kid ourselves with a system of delusions and denial. We say we are one kin

Psychologists call it "cognitive dissonance," a state of discomfort when we say one thing but

To face the fact that we aren't acting like the person we believe we should be is painful and

So we live with incongruencies and denial, and our battling inner selves seem to be just part

The problem is that all that conflicting undercurrent saps our energy and spirit. The price we

Most people don't recognize the extent of their inner complexity. We run into trouble when we

We have competing selves and competing commitments. On the one hand, we may truly be health co

We may value family life and work hard to give our family things that provide pleasure and com

What about our sense of orderliness? What happens when the focus on just getting things done o

Human beings are complex animals, with competing drives and a multitude of values. It is not e

Try to identify 3-5 values and priorities that motivate you strongly. Then identify any compet

Once you identify your strongest desires, and the competing drives that vie for your attention

Both sides of you will love you for it!

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