

The five drivers: Messages to self

You can manage your drivers more effectively by identifying what they are, and then re-framing your thinking to counteract your strongest tendencies when you need to.

Be perfect

- I have the right to be myself.
- I have the right to make a mistake.
- To err is human, and I am human.
- The search for perfection can lead to paralysis.

Please people

- I have the right not to be responsible for the feelings of others.
- I have self-respect and consideration for my feelings.
- I assume responsibility for my own feelings.

Hurry up

- I have the right to live in the present.
- I have the right to take my time.
- I have the right to achieve what I want.

Try hard

- I have the right to stop what I start.
- I have the right to win or lose.
- I have the right to achieve.

Be strong

- I have the right to express my feelings.
- I have the right to be close to someone.
- I have the right to be strong or weak.
- I have the right to be open with others.