



# How to Tame the Driven Dragon

*“There is more to life than increasing its speed.”*  
- Mahatma Gandhi

What is driven behavior? Driven behavior is doing things over and over again, often unconsciously, that result in no satisfaction or temporary satisfaction. Symptoms include repetition, lack of enjoyment and perfectionism. Do you feel like you're always running late, or rushed, breathing shallowly or experiencing tightness in your chest, not having any fun, just frantically going from one thing to the next, getting through your list, but never stopping to celebrate your accomplishments?

Sound like you? Take a minute to complete the following inventory. If even half of these symptoms apply to you, it's time to tame your Driven Dragon!

- I am tired most of the time.
- I always seem to be in motion.
- I get very frustrated if I can't finish a task or if I'm interrupted and I have to put it off until later.
- On my day off, I have a list of things I must do before I can play or rest; and, I rarely get to the play and rest part.
- I often feel isolated from those I love.
- By the time I do something I like, I am too tired to really enjoy it.
- I feel guilty when I am resting or just taking a nap.
- When I am doing something that should be fun and relaxing, I often miss out on the fun because I am too preoccupied with what needs to be done next.
- I feel resentful because I am not doing the things I really want to do.
- I feel that I have more responsibilities than most of my family or friends.
- I usually do things in a hurry, like gulp my food or throw on clothes.
- I forget to take care of myself (do not eat, drink water, or use the rest room) for long periods of time.
- My friends and family tell me they are not seeing enough of me. Or, when I am with them, they tell me I seem withdrawn or emotionally removed.

Have you had enough? Would you like to experience more meaning, joy and fun in your life? Are you willing to stop glorifying “busy”? Take a minute right now to look at your calendar. How much space is there to just “be”? To take a walk with a friend or your favorite four-legged furry? To catch up with a loved one, or read a chapter of that book you've been longing to dive into?

We believe that success is doing what you said you would do, consistently, with clarity, focus, ease and grace (with gratitude to Maria Nemeth). This is also the secret of how to live life *consciously*. Notice that there's no “ease” in driven, and there's definitely no “grace”!

The Driven Dragon wants us to believe that everything in our lives is urgent, a matter of life and death. We know in our hero's hearts that this isn't true. We tame the Dragon by becoming clear about what's truly important to us and focusing our time, energy and resources on those things *first*. We create space throughout our day to breathe deeply, to notice everything we have to be grateful for, to tell those we love how much we care about them, and why. We discover how much more there is to life than increasing it's speed.

~ Compiled by Stephanie Seigh, ACE, PCC for Your Coaching Matters

