



Coach Jane

What Kind Of Car Are You?

One of my favorite questions to ask a new client is if you were a car what kind would you be? The answers are always different from a mustang classic to a mini van.

Write down your answer and list the qualities that this car has. Then look at yourself and see how well these characteristics describe you? Chances are you will have a list of values that are important to you.

Ask your friends and co-workers the same question. You just may learn some important values and insights into what is important to them. Chances are the type of car they are will reflect on their job performance and personality. Have fun with it. There are no right or wrong answers.

My personal favourite is the red Ferrari. It looks great and loves being the centre of attention and while it may be great for short bursts of speed is not always practical for the long haul. Not everyone is a Ferrari thank goodness. I have had clients tell me they are a Volvo or a Saturn. They see themselves as strong, dependable and someone you can rely on.

So now you know what kind of car you are? How well are you maintaining it? Most of us maintain our vehicles on a regular basis. We take them for oil changes, rotate the tires, shine, polish and fill them with gas. If the red light goes on we seek immediate attention.

How well are you maintaining you? What kind of fuel are you putting in? Is it coffee and fast food or healthy nutritional meals and lots of water? What regular maintenance do you do for you? Do you follow an exercise routine? What keeps you balanced? Do you spend time in nature? Do you make time for fun? Do you operate at optimum performance or do you wait until the red light comes on, going from one crisis to the next?

Don't wait until you are dragging yourself around, look after yourself now. We can trade in our cars for a newer model but we only get one of us! To operate at optimum performance you have to work smart. What does optimum performance look like for you? Work with a coach and put a plan into action. *You can get there!*

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