

Angela Shipp

Professor Richard Johnson

BUSN 101-544

27 September 2014

### **Talent Theme Development Plan**

As an achiever, I strive to always accomplish at least one important task a day. I won't let any day pass without knowing I helped someone, did something great, or did something to the best of my capability. Dissatisfaction will occur if greatness isn't achieved or I know I could have tried harder or better to get a more satisfying result.

My talent theme shows greatly in my project group as my job is to plan and keep everyone organized yet getting the tasks done. With this position, I let everyone know when deadlines are and how quickly they are approaching, keep a planner and schedule for everyone to follow in order to stay on track, and make sure that the tasks get done at the best of our capability. I will use the experience of the group project to help me accomplish my goals. I will also use this group project experience to strengthen my talent theme of being an achiever by continuing to use a planner, learn how to help others get a task done, and helping others keep up with deadlines.

In the past, being an achiever has definitely had its ups and downs. While it led to me accomplishing great leadership positions, it also led to some defeats.

As an achiever I always set my mind to doing my best and in high school I knew I wanted to be in control of some organization and change it for the better. Becoming Student Council President and National Honors Society President helped me achieve what I wanted to do, make the organizations better in some sort of fashion. While I accomplished that, the downsides of being an achiever turned into obstacles that I had to overcome.

With a talent theme of an achiever I always want to take on tasks and be as successful as possible. While this may be good at times, it wasn't always a good thing. Problems to my talent theme were having bad time management skills due to me trying to be a perfectionist and stress because of taking on too much.

Being a perfectionist definitely didn't help when it came to time management skills. When things needed to be done quickly, I always took longer on the task because I would overanalyze and make sure everything was just right. This was a speed bump in my time of success and really did hold me back in some measures.

Another large setback was stress because I always wanted to do more. As an achiever, I always wanted to accomplish everything I could set my minds and hands on, no matter what the job. This also meant I couldn't say no to anything that was asked of me and thrown my way.

Whether the task was little or big, I would do it to the best of my ability no matter how much stress I was having. Presently, some of this has changed.

Today, I am still having trouble managing my stress but I have improved greatly on my time management skills. My time management skills have improved because I know that no one is perfect. I can always do my best in a reasonable amount of time but no one can ever achieve perfection. While it is still a big struggle to say no to some things, I know I will improve on this in the future if I set my mind to it.

At the end of the semester, I project that I will improve on my stress levels by not taking on too much. This will help me as I progress throughout my college years because I work well under the least possible stress. If I am stressful, I will get the least amount of work done because I won't be able to work to the best of my ability.

Some goals to help me minimize existing negative behaviors would be to have one day out of the week where I plan nothing and only relax so that I don't take on too much and have time to only relax and to learn to live with the idea that I can't do everything perfectly. A goal to help maintain behaviors that have contributed to my outcome goal would be maintaining an agenda and keeping organized.

Planning one day out of the week to do nothing would be an ideal situation for achievers like myself. While achievers want to do everything, it's not always okay to keep piling on more and more tasks because one day that won't work and the achiever may snap. Everyone, including achievers needs a day where they rest and don't plan anything. The outcome if this goal is achieved would be less stress, and everyone could use a little less stress in their lives. The price tag or opportunity cost to this goal might be that an achiever will just move everything before or after this day of rest. A good schedule is what's needed for an achiever.

Living with the idea that not everything is perfect is a big goal that as an achiever I need to accomplish in order to truly excel in everything I do. Achievers want to do everything to the best of their ability and sometimes to the extreme. I personally want everything perfect and that isn't something that will ever happen. No one is perfect in this imperfect world and the faster I can get a hold of this concept, the faster I will succeed in everything I do. The opportunity cost to this may be that I have more stress due to something being turned in without it being "perfect." Attaining this goal means that I will have to learn to just set a timer and do whatever I need to do within the time limit and however it is, that's how it will turn out.

Keeping an agenda or planner and staying organized is a goal that will help me continue to maintain behaviors that are contributing to my long term success. Achievers stay organized in order to reach their desired goals of accomplishing things throughout the day, week, and year. Agendas help tremendously when it comes to staying organized and keeping everything in line. Managing this goal will require me to stay focused on keeping everything in order and write in my planner every day.