

Enough Is Enough

Everyone wants to be the best they can be. Striving to accomplish your goals can be a rewarding and exciting journey. But an essential ingredient to reaping the benefits of success is a healthy self-esteem. Without confidence, it is hard to enjoy life. While you may be able to attain some of your goals, you may be full of worries and feelings of inadequacy. A healthy, high achiever enjoys working hard and achieving success for the sake of doing his best. A person who is professionally successful but emotionally unhealthy, hurts himself through his efforts to excel. While he does achieve more than is expected in his career, he is compensating for other problem areas in his life, such as a low self-esteem or a drinking problem. High achievers must be accomplished in both their work and personal lives or else they are unsuccessful in finding happiness. To find out if you fall into the category of unhealthy achievers, see if you can identify with the following traits some unhealthy achievers have in common.

Filled with self-doubt

Maybe you often doubt your own talents and abilities. Instead of being confident, you think you constantly need to overcome your inadequacies. You are rarely able to enjoy the successes your hard work brings.

Too much effort

Another characteristic is the desire to express your opinion even when it might not be needed or isn't helpful. For example, you are in a meeting and several people bring up a topic you have little knowledge about. Rather than just listening attentively, you feel like you should contribute something. When it would have been best to simply listen, you let your need to feel helpful get in the way of your better judgment.

Resigned

Researchers have found that unhealthy achievers desperately want to see themselves as talented, but have resigned to feeling uncertain about their abilities. You may find yourself unable to sleep due to your worry over a project. Fears that your efforts will be in-adequate can keep you from getting enough sleep.

Take note!

You don't have to let your desire to compensate for a low self-esteem take a toll on your life or emotional well-being. Start realizing that you can only be your best if you are well-rounded and satisfied in all areas of your life.

Look at your insecurities and make a strong effort to get rid of them by reminding yourself of your successes. It may take time but your quality of life will improve dramatically. Remember, sometimes you will fail, but everyone does that occasionally. Demanding perfection will only leave you frustrated. Don't let your insecurities dictate your life. Enjoy the success of being at your best.