

Module 3 – Are You an X, Y or Z?

Only you can ultimately determine the ways in which you are behaving from an X, Y or Z pattern. However, you should consider seeking feedback from the people who know you and care about you, because sometimes it's hard to recognize certain things about ourselves.

So what basic characteristics define these patterns?

In general, X-types tend to be more comfortable and unmotivated, Y-types are social butterflies and seek direction and guidance from those around them, while the Z-types are typically more self motivated and driven.

Most of our lives we go back and forth between these different patterns. It's important to recognize when you get stuck in the X or Y pattern, and the steps you need to take to transition to Z, though even Z can have its negative moments too. It is all up to you to make positive or negative changes in your life.

Due to any number of factors, some people must work harder than others to reach their goals. Those acting from the Z pattern will identify and use all necessary resources to reach their goals. From the X pattern, on the other hand, we will often find an excuse or someone or something else to blame when we cannot achieve our goals. From X we might not set goals in the first place -- we may just think about possibilities. Acting from the Y pattern, we may achieve enough to get by, but we may not continue to set progressive goals unless we are motivated by or are following someone else.

Your environment, family, peers, and personality can influence whether you are acting from an X, Y, or Z pattern. But more than anything, your patterns are determined by your attitude and what you believe at the time. Your mental state—which includes the way you think and feel about who you are and what is going on in your life—strongly influences your attitude. No matter what your life is like, if you believe in yourself and are willing to work hard, you can have complete control over your attitude. This will enable you to successfully deal with the situations you find yourself in.

Before you can understand how to grow and change, it is important to get a feel for your own patterns. Within each of the X, Y and Z patterns, there are positive and negative characteristics. Each type is also reflected, to some degree, by society's perceptions. Remember, you are under no obligation to make anyone agree with your decisions.

However, if you want to be successful in your personal life and your career, you should be aware of how others perceive you. You can then choose to alter their perceptions of you.

The following questions are designed to help you start to build awareness around your own patterns of behavior, so that you can work to change them as you develop toward your potential.