

MANAGING YOUR GIVE-A-CRAP FACTOR



WHAT IS THE GIVE-A-CRAP FACTOR?

The give-a-crap factor is what happens when you care too much, when that amount of caring creates a sense of urgency so great that you can't stop yourself from taking action, even though others may not be ready for your initiatives.

You lose your self-management. Your give-a-crap factor takes main stage. You may come across edgy, tense, or even domineering.

Ironically, when your give-a-crap factor has lost its balance, you get less done. You experience less buy-in and lose respect.

WHAT DOES IT LOOK LIKE WHEN THE GIVE-A-CRAP FACTOR IS IN CHECK?

- You are part of a collective that achieves better-than-anticipated outcomes.
- People respect you and your ideas.
- You get more done with less effort.



WHAT YOU CAN DO

to manage your

GIVE-A-CRAP FACTOR



#1

Pretend that you are going to be working in that situation for three months before you engage in a new opportunity.

- This strategy helps you prioritize and analyze which efforts will bring about the most impact (vs. caring too much and trying to do it all and stressing yourself out)

#2

Create firm boundaries with yourself on your work hours

- Find a concrete excuse to get out "on time. Kerri's were a zumba class and walking the dog before dark.

#3

Get an accountability partner to help you keep your give-a-crap factor in control

- This partner needs to be someone that can call you out for caring too much. While they listen about the challenges of caring, they encourage you to let go.

Email Kerri and let her know how you are doing managing your give-a-crap factor: kerri.burchill@nscoaching.net

Kerri Burchill, PhD, specializes in helping leaders and teams with their interpersonal communication so that they can build trust and improve productivity.

Kerri helps teams slow down to go fast and achieve ambitious outcomes.

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