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# MY PROFILE EXPLAINED

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## PERSISTENCE



Are you the type of person who will always finish a book, even if you aren't enjoying it? Or, maybe you have a bunch of half watched TV shows waiting for you to come back to. Those of us who have a high level of persistence enjoy the feeling of getting a task done, so much so, they hate to leave something unfinished. Those of us at the other end of the spectrum are not really all that bothered by leaving things incomplete, happy to jump from one unfinished task to another.



## EMOTION-DRIVEN IMPULSIVITY

Are you more reckless when you are feeling excited? Or perhaps when you're feeling particularly low, do you always tend to get yourself into trouble, saying or doing the wrong thing? For some of us, our emotions play a key role in driving our behaviour. Once we understand how our emotional state can influence our decisions, at times when we need to make important decisions, we can make sure we are in the right mind to do so.



## REWARD DRIVE

Basic principles of psychology dictate that actions are driven by consequences, and if the consequence is rewarding, we are more likely to repeat the behaviour. However, not everyone values reward to the same extent. Some of us really go out of our way to get things that we want, and our choices are driven by the potential of rewarding consequences.



## PLANNING

Would you consider yourself as a rash or impulsive person? Maybe you like making spur of the moment decisions, like an impromptu road trip, or a dramatic hair cut. If this doesn't sound like you, you are probably a planner, more considered and like to think about things before making a decision.



## RISK-TAKING

Some of us are pretty risk averse, and only act on sure things, not keen to risk the potential of making the wrong decision. Others enjoy risk, whether it be the thrill of hedging a bet, being in physical danger or simply being out of their comfort zone. Whether you are risk averse, a risk-taker or somewhere in between, this guides your day-to-day choices. Do you run that red light? Do you move country for that new job opportunity? Do you try and squeeze a few more kilometres out of the car before filling up the petrol tank?



## TOLERANCE OF UNCERTAINTY

After experiencing the rollercoaster of the past two years, feelings of uncertainty are probably pretty familiar. We each have our own level of tolerance of uncertainty, some people are very comfortable with the unexpected, while for others, not knowing what the future holds can be stressful.