

RQ Dimension — Organized

About this Dimension

In the face of chaos and uncertainty, resilient people find ways to create a level of order and structure that provides them with the focus and stability they need. This can involve setting short-term goals, thinking through their actions before taking action, putting together “to-do” lists, and so forth.

Organized does not, for many resilient people, mean rigid or highly structured structures for managing chaos and instability. Resilient people find a way to create whatever structure they need to provide them with the focus and a level of certainty and stability that facilitates their decision making and daily behaviors. Most importantly, while resilient people need not demonstrate any outward signs of organization, they none-the-less develop the personal systems and structures that provide them with the focus and certainty they need to make it through the day, week, month, and so forth.

Being organized comes in many “flavors.” While some resilient people may find structure and organization in lists and detailed plans, others may be comfortable with simply thinking through their next steps and actions. The most critical outcome from whatever structure resilient people create is a personal sense of continuity and the capacity to focus on moving forward in life in such a way that the journey itself is affirming and positive vs. destabilizing and anxiety-producing.

Strategies for Developing the Organized Dimension

Being organized is a very individualized quality. One person's perfect solution to being organized (e.g. utilizing Outlook's “To Do” list function) might be anathema to the next person. As a result, each person needs to first discover the level of organization that he or she needs to find the desired level of stability in a sea of change/volatility. With a greater self-awareness of their need for organization and structure, individuals can then explore personal strategies for creating this level of organization in their life.

- To what extent do things feel chaotic, “out of control,” or overwhelming for you now?
- How much structure and organization do you need to feel comfortable with the way things are now?
- To what extent do you need certainty and predictability in your life and schedule?
- What personal structures/systems are you using now to bring organization and order to your life? How effective are these structures/systems?
- Identify three changes that you could make in your life right now that would help you bring a more desirable level of order, structure, and organization to your life.
- Identify one thing that you could STOP doing and one thing that you could START doing to bring a more desirable level of organization or structure to your life.

- Identify the single greatest obstacle that you see to your bringing more organization and structure to your life and then identify what you will do to reduce or eliminate this obstacle to better organization.
- If you are facing a significant challenge or crisis, reflect upon your personal assets/strengths to guide yourself through the challenge but also to identify one or two changes that you could make in your life to bring greater structure and organization to your response to this challenging situation.
- Identify something that you could change in your daily routine to create a more desired level of organization and structure to your environment/life. Connect with a friend to get his/her feedback and other ideas for taking action to bring more structure to your life.