How Well Do You Know Me?
By Karel Murray, CSP, DREI

A while back, I created a survey for my social networking friends using questions from the template called “How Well Do You Know Me?” The questions were multiple choice with only one correct answer. I discovered the survey when I received a notice to complete it for my son Ben and his wife Ashley.

Knowing that my results would be published on the internet, my brain froze. What if I really messed up and didn’t get anything right? Would everyone who knew we were related make a judgment call on me…that if I didn’t know what was going on in my son’s life, how could I know what is going on around me? Absurd, I know, but I had to mentally override my anxiety in order to answer his questions.

Luckily I answered eight of the ten questions correctly and I felt a flush of absolute pride that I still had it! Then I turned to Ashley’s questionnaire and tried to answer it with a confidence a mother in law should have.

Technically only getting three out of ten correct is a failing grade. I had no clue that she didn’t like to have stuff she had to chew in her ice cream or that she would bungee jump. Failing so miserably on her questions made me think, how well do others really know about me? Am I living a transparent life or do I hold myself back?

Reading her answers gave me a fun perspective into how she thinks and I’ve decided that I’d explore some more of the questions in this article. The following aren’t things I think about often, so here’s hoping the brain doesn’t lock up once again…

At a party I would be definitely …
Because of my travel schedule, it has been three years since I’ve been to a party that wasn’t a family gathering. I hadn’t realized how isolated I’ve become! The last social event I went to was after a funeral in Kansas City. In an elegant hotel meeting room, I stood alone drinking coffee and looking around the room at people I didn’t know. After a few moments, a small elderly woman came up and slid her tiny hand into mine. She gave my hand a squeeze, peered up at me and started a genuinely gentle conversation that eventually lead to her guiding me across the room and introducing me to all of her family. My gratitude to her for rescuing me was palpable.

If I only had a day left to live, how would I spend it?
I had to make a few assumptions – first that I would still be able to walk and be relatively pain free so I could enjoy whatever I chose. The questions is do I chose an activity like
doing a roller coaster ride, travel or spend time with family? A year ago, I watched a movie with that exact premise…due to a catastrophic solar flare the human race had only 24 hours of life left. The movie explored what people would do in those last moments – party, find your soul mate and fall in love, sit inside with your family and wait for the end, endure violence or commit mutual suicide with a loved one that would bring a peaceful end. I could understand every point of view, every desire and ambition. Bottom line, I can't answer this question honestly, because I have no real idea what this type of finality feels like. I'd like to think that I would have no regrets about the way I've lived and enjoyed my life. That would have to be enough.

Who would I most like to meet?
Once again, an assumption would have to be made that it could anyone living or dead. My answer came to me quickly – Abraham Lincoln or the historical Queen Elizabeth. These individuals faced personal and professional trials that were so overwhelming, yet, through sheer personal fortitude and determination, they carved out their niche in history. To have the type of life that inspires others or opens the door to new possibilities is only something I can strive for everyday. Of course, I could only meet these people in the after life - I think I'll hold off until I've lived my life to the fullest.

I'm the most happiest when...
I have a kitten sleeping on my lap, a café latte' nearby, holding my husband’s warm hand as we watch Brave Heart or Rob Roy and devouring Godiva chocolate with no thought to the caloric impact on my hips. Sheer heaven.

Ultimately, we should take time to consider exactly how well we know ourselves - stop for a while and consider “What if”. When we visualize our dreams, it takes us one step closer to achieving them.

How well do you know yourself?

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