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### What people like and admire about me

- My cool head in most situations.
- My ability to strike up a conversation.
- My ability to plan ahead when I know what events are coming up.
- The ability to apply information to a variety of situations.
- The ability to see the bigger picture.
- Know that what is said isn't always what is.
- Ability to stick to my guns when I'm confident in the potential outcome of my actions.
- Ability to change my behavior (with practice) when I understand what **my** behavior means and how it effects the desired outcome.
- My ability to cook (I'm trusted with anything but meat).
- My sense of humor.

### What is important to me

- Health (physical and emotional), comfort and happiness of my family and friends.
- To challenge myself and what I **think** my current abilities are. To have higher expectations of myself than I do of others around me. To everyday accomplish something I think is important and to try to step outside my box of comfort.
- To maintain a sense of humility and gratefulness.
- My personal dignity and self-respect.
- To be an active, contributing part of a group - family, friends, and co-workers.
- Team work - "the whole is greater than the sum of its parts".
- Trust and loyalty and consideration toward others and trust and loyalty and consideration in return.
- To feel like I do my "share" and share extra with others.
- To feel physically fit and healthy.
- To have outside and garden time; and time to watch the birds.
- Grandson and my children's time whenever I can get it.
- To understand whys and hows when a method (cooking, growing something, getting along with someone, teaching something to someone) doesn't seem to be working - and work to figure it out

### How to support me

- Sometimes seeing the big picture gets in the way of taking time for the details along the way.
- Remind me that what I think is important may not be the most important to others or for the situation.
- Remind me to explain what I really mean or to explain how I come to a conclusion that I drew.
- Know when I use sarcasm it means I don't **think** I have a better way to **express** a frustration or how I understand a problem.
- Remind me that it is best when I clearly show that I am open to considering other people's ideas.
- Remind me that my actions do impact others whether I think they do or not.
- Offer to help me in a specific way, I will often not ask for it.
- Better yet, tell me what you will do to help.
- Remind me that others have the desire to learn when I take the time to teach them.
- Show me that what I was part of worked; I feel most reinforced by seeing the result not hearing about it - (don't get me wrong, direct compliments are always welcome - especially when they are not expected and when I know they are sincere).
- Remind me that not every problem or fight is worth a battle.