

## **ARE YOU A CHANGE AVOIDER?**

A new study by [PsychTests.com](https://PsychTests.com) indicates that people who embrace and thrive in changing times are more than just resilient – they're open-minded, curious, driven. Despite amazing advances in technology, most people are still very much creatures of habit. They have the same morning routine, generally shop at the same places, and stick to the same comfort foods they love best. This is often why many become fearful when dramatic change looms on the horizon. Others become angry, and stubbornly refuse to concede to the inevitable. So why is it that some individuals not only thrive on change but purposely seek it out? According to research from PsychTests, it's more than just a hunger for adventure – it's a matter of personality. In their analysis of 3,781 people who took their Big Five Personality Test, researchers at PsychTests compared two distinct groups: those who adapt easily to change and those who don't. Here's where they differ:

- 66% of change-adapters (vs. 23% of change-avoiders) go out of their way to try new things. This can be anything from a new route to work, a new restaurant, or even a totally new career.
- 81% of change-adapters (vs. 48% of change-avoiders) are broad-minded. They seek out different perspectives of the world from different people, and are mentally flexible.
- 61% of change-adapters (vs. 18% of change-avoiders) enjoy meeting new people. They are outgoing and friendly.
- 89% of change-adapters (vs. 50% of change-avoiders) have an intense hunger for knowledge. When a topic interests them, they will learn everything they can about it from as many sources as possible.
- 84% of change-adapters (vs. 52% of change-avoiders) continuously strive toward self-improvement. They believe that learning and development is a lifelong process, and that there is always room to grow, be it personally, professionally, psychologically, or spiritually.
- 64% of change-adapters (vs. 38% of change-avoiders) set the bar high for themselves. They don't just try to meet expectations, they strive to exceed them.
- 87% of change-adapters (vs. 40% of change-avoiders) have strong, solid self-esteem. They recognize their value, have a healthy dose of self-respect, and believe in themselves.
- 78% of change-adapters (vs. 42% of change-avoiders) nurture their creativity. They are innovators who make it a point to think outside the box.

- 72% of change-adapters (vs. 40% of change-avoiders) are self-motivated. Even when it comes to difficult or unpleasant tasks, they are able to find the incentive from within to move forward.
- 85% of change-adapters (vs. 55% of change-avoiders) are driven to succeed. They won't stop until they finish what they've set out to do.
- 51% of change-adapters (vs. 22% of change-avoiders) like to be kept busy. They hate being left idle and are always working toward a goal or objective.
- 72% of change-adapters (vs. 52% of change-avoiders) tackle each task they take on with eagerness and dedication, no matter how inconsequential.
- 76% of change-adapters (vs. 32% of change-avoiders) are good under pressure. They are even-keeled and can handle stress.
- 52% of change-adapters (vs. 22% of change-avoiders) make it a point to pick their battles. They have learned to let go of the little things that are just not worth worrying about.
- 71% of change-adapters (vs. 50% of change-avoiders) take pride in being different. They like standing out from the crowd.
- 68 % of change-adapters are actually quite content with their life (vs. 32% of change-avoiders). This may be because they always have something new and exciting to pursue, and a life with purpose contributes to life satisfaction.

## **GOOD SAMARITAN**

When disaster strikes, some businesses try to take advantage of others' misery. But countless uplifting stories of selflessness and generosity have also emerged. One of the best examples comes from the owner of a small chain of furniture stores in Houston, Jim "Mattress Mack" McIngvale of Gallery Furniture, who opened up two locations as shelters to anyone in need (and their kenneled pets!). He and his team even used their 24-foot delivery trucks to drive through the waters and rescue some 200 people who needed help, from the top of overpasses to flooded homes. When they arrived at the furniture store, the evacuees found neatly folded towels, shoes, clothes and toys donated by locals. Then they were invited to kick back and relax on the store's beds, couches and recliners. In an interview with NPR, Jim told the story of a young girl and her family, who arrived at one of his stores around 1:30 a.m. The girl was crying as she asked, "Will you allow us to stay here?" He said her words broke his heart: "Unlike an adult, she couldn't hide her

feelings.” For the businessman and entrepreneur, it was his way of giving back to the Houston community that has brought him much success over the past 36 years. (Source: Giftbeat.com)

### **MAYBURRITOVILLE**

- Email: [Mayburrito@Goofbuster.com](mailto:Mayburrito@Goofbuster.com)
- Blog: [PacificaRiptide.com](http://PacificaRiptide.com)
- Copy Editor: [Goofbuster.com](http://Goofbuster.com)