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PERSONAL DEVELOPMENT

Leadership Inspiration: “Make the Unconscious Conscious”

By Juan Arroyo

Editor’s Note: In the Leadership & Development Section’s Leadership Inspiration Contest, entrants were asked to tell us what inspired them to be better actuarial leaders. Here is an entry from the “Leadership Quote” category.

How and what I think is what makes the difference.

“Until you make the unconscious conscious, it will rule your life and you will call it fate.”

—Carl Jung

Recently, I had the privilege to have a conversation with my gremlin. A gremlin is someone I know very well. It’s my inner critic. It’s the voice that likes me to be comfortable. It’s the persona that stops me from doing something because it wants to “protect” me.

Up until a couple of weeks ago, what I said, did and believed weren’t in alignment. I found myself thinking I could change the culture around me, but then I proceeded to sabotage my stories, my writing, my feedback and my suggestions. All disguised with beliefs like, “I don’t want to be in the spotlight” or “I don’t want to offend someone.” Hence, what I said was trumped by what I believed.

Today, it’s a different story. I became aware of this gremlin (unconscious), and I can now choose and decide how I’m going to react against it. In other words, I have control over what I choose to do and don’t do instead of my gremlin dictating my actions unconsciously.

Carl Jung was right.

I now laugh about the years I spent stopping short of taking action on my dreams because of the fear of challenging someone’s perspective of the world, or thinking I was not good enough for my dreams.

The fact is that once we become aware of what’s holding us back, we can never go back. We might like to say ignorance is bliss; but I can now say awareness is more powerful, meaningful and fulfilling. ■



Juan Arroyo, ASA, MAAA, wakes up every day looking for the question that allows an individual to break through a self-limiting belief and become a better version of oneself. He can be reached at juanri31@gmail.com.