

Own Your PhD

Are you a victim of your PhD? There may be good reasons for this, so don't beat yourself up. Instead try to gently shift. Or fiercely!

Owner of your PhD

Responsible
Pro-active
Independent
Decisive
Proud
Solution-oriented
Optimistic
Confident
Helicopter View
Alternating Between Action / Relaxation
Never Fail
Always Learning
Committed

Victim of your PhD

Waiting for others to take responsibility
Passive
Waiting for approval/ recognition
Undecided / Wavering
Apologetic
Defeated
Depressed
Insecure
Tripping yourself up over every detail
Worrying
Fail at Every Step
Never Know Enough
Overcommitted

Are there situations where you might shift towards owning your PhD? How? Notice and feel the difference.

1.

2.

3.