



PROVING PERFECTIONISM PREPOSTEROUS

Writing that perfect copy, landing that perfect speech, making that perfect pitch, having a perfect body, being a perfect mother/partner...

What's the motivation? To be "perfect", right?

FEAR IS A FACTOR:

Fear of rejection, of being seen as "not enough", of people seeing your true self as damaged, bad, stupid, not pretty, not important...

All of these fears were created by the Limiting Beliefs you held at a young age.

NO BIG DEAL, RIGHT?

THE DOWNSIDE OF PERFECTIONSIM:

You miss deadlines, take on too much yourself, become anxious and isolated due to overworking and poor sleep. You push people away because you think they will be judging you. You hold yourself back from opportunities due to fear of not being able to be perfect.

IDENTIFY AND UNDERSTAND YOUR LIMITING BELIEFS:

1. Picture yourself in a typical current work or personal situation.
2. Ask yourself what you believe about yourself when you imagine that scene
3. Travel back in your mind to when you first remember having that belief about yourself.
4. Ask yourself: How did it serve your younger self to have this perspective on the situation (ex: did the conclusion that you aren't enough help you to cope with your circumstances? Did you use magical thinking as a child that being perfect will solve a bigger problem?)

PROVING PERFECTIONISM WRONG!

- Ask your adult self what would be a more mature, empowered perspective on that time in your life.
- Create a new mantra for yourself:
 - "Done is better than perfect.", "I have so much to offer and don't need to be perfect.", or make up your own!

TOOLS FOR SUCCESS

Reframe:

Your beliefs about what it takes to succeed

Support:

Back that belief up with evidence that supports it.

Ex: Identify 3 people who are very successful who have demonstrated imperfection in their careers or in their personal life, who seem happy and have good relationships.

Acceptance:

Imagine yourself in your career or personal life, being successful, happy, and comfortable - exactly as you are - without having to appear perfect. Imagine getting positive responses from people on your performance or on who you are as a person. Notice how this feels.

Release:

Imagine what would feel different about your life if you could release the need to be perfect. Make a list of all the areas in your life in which you want to release the need to be/look/perfect(ly). Take this list, crumple it up, and burn it (safely) - pronouncing to all parts of you that you no longer need to be perfect. You are all you need to be, and more, right now!

Breathe:

Take a deep breathe and let it all go. Notice how that feels.