

PERFECTIONISM

PRACTICE 'GOOD ENOUGH'

EXERCISE 18

Perfectionism isn't about high standards; it's about the fear of failure. The more you test "good enough," the more your brain learns it's safe (and freeing).

STEP 1: CHOOSE A SMALL, SAFE TASK

Write a short email

Make a social post

Tidy one corner

Cook a simple meal

Other: _____

STEP 2: DO IT IMPERFECTLY ON PURPOSE

PICK ONE WAY TO LOWER THE BAR:

Send the email without re-reading five times.

Leave one deliberate typo in a draft.

Stack things "messily" instead of perfectly.

Serve food without making it look pretty.

👁️ STEP 3: NOTICE WHAT HAPPENS

DID ANYONE ACTUALLY CARE?

WAS THE CONSEQUENCE SMALLER THAN PREDICTED?

DID YOU SAVE TIME, ENERGY, OR STRESS?

POST-PRACTICE REFLECTION

| STEP 4: REFLECTION

HOW DID I FEEL BEFORE, DURING, AND AFTER?

WHAT DID I LEARN ABOUT MY FEAR OF IMPERFECTION?

"Perfectionism is just procrastination in a fancy suit."

