

How to Overcome PERFECTIONISM



1. Be aware of your motivations for perfection
(Cross-check with them regularly to ensure you are on track)
2. Recognize that ideals are directions, not absolutes
(Don't attach yourself to them)
3. Respect and love yourself
(You are the only constant in your world)
4. Focus on the big picture
(Don't get stuck with the nitty-gritty details)
5. Focus on what can be done
(Forget what is already past)
6. Delegate and let go
(You don't have to do everything yourself)
7. Enjoy the entire process
(The whole point is to be happy!)
8. Celebrate the victories and progress made
(Every step is a job well done!)