



PREMIUM

Sign up through the [link in my bio](#)

Never miss a post!

Join [1,234 readers](#) from companies like:



**Lukas J.M. Stangl**

Google | LinkedIn Top Voice | Founder of Peak Life. | Follow me for posts about high-performance living and personal growth

[View full profile](#)



**Lukas J.M. Stangl** • 1st

Google | LinkedIn Top Voice | Founder of Peak Life. | Follow me for post...  
3mo •



5 steps to beat perfectionism:

Perfectionism isn't the path to success.  
It's the biggest trap you can step into.  
Progress comes from taking action,  
learning from mistakes and  
improving yourself.  
Not from being  
perfect.

-

**1** Acknowledge Perfectionist Tendencies:

Identify situations or tasks that trigger you.  
Ask friends if they notice any tendencies.  
Be mindful of your emotional triggers.  
Accept imperfection as part of life.  
Watch your self-talk.

-

**2** Find the Point of Diminishing Returns:

Identify the point where additional input  
yields minimal improvement in output.  
Is the effort worth the marginal gain?  
There is a point where striving for  
perfection gets ineffective.

-

**4** Use the Pareto Principle (80/20):

Focus on identifying the 20% of efforts  
that generate 80% of your results.  
Optimize your time and energy.  
More action = less perfection.  
Maximize your impact.

-

**5** Embrace the 70-20-10 Rule:

Even world-class performers only reach  
their own high bar only 10% of the time.  
70% of your work will be mediocre.  
20% of your work will suck.  
10% of it will be amazing.

-

**5** Challenge your Inner Critic:

Question the validity of negative thoughts.  
Identify the underlying assumptions.  
Are these thoughts based on facts  
or just your own self-criticism?  
Never forget who you are.

-

Remember:

Perfection is the gap between  
you and your true potential.  
Perfection is an illusion.  
Progress is tangible.  
Done > perfect.

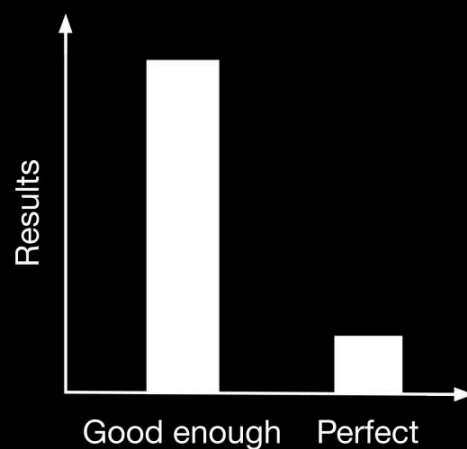
- - - - -

If you like this content and it resonates, repost 🔄 this to your network and follow [Lukas J.M. Stangl](#) for more like it.



Lukas J.M. Stangl ✓

Strive for progress, not perfection.



linesbyloes

👍❤️🔥 You and 1,347 others

218 comments · 146 reposts

#### Reactions



Like

Comment

Repost

Send



Add a comment...



Most relevant ▾

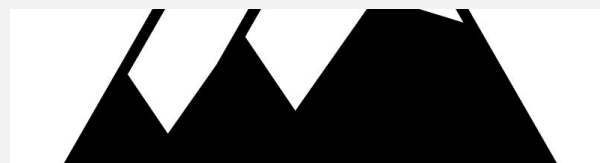


Lukas J.M. Stangl Author

3mo ...

Google | LinkedIn Top Voice | Founder of Peak Life. | Follow me for posts about high-performance living and personal growth

👉 If you enjoyed this, you'll love my newsletter (it's free). Try it here:



Peak Life. Newsletter

peaklife.ck.page

Like | Reply



Lukas J.M. Stangl Author

3mo ...

Google | LinkedIn Top Voice | Founder of Peak Life. | Follow me for posts about high-performance living and personal growth

📌 FREE STRATEGY ASSESSMENT

New spots are open for December!  
Learn more: [bit.ly/strategy-assessment](https://bit.ly/strategy-assessment)



Like | Reply



**Lukas J.M. Stangl** Author

3mo ...

Google | LinkedIn Top Voice | Founder of Peak Life. | Follow me for posts about high-performance living and personal growth

📌 BONUS VIDEO

The perfectionist trap:



**The Perfectionist Trap**  
[youtube.com](https://youtube.com)

Like · 1 | Reply · 1 Reply



**Anjuman Sagar (AJ)** · 3rd+

3mo ...

Your Strategic Advantage

[Lukas J.M. Stangl](#) Smart ways (you know what I'm talking just focus) but I must say good video. Is that made using Adobe aftereffects?

Like | Reply



**Rob Dance** · 1st

3mo ...

8-figure tech entrepreneur - follow my journey as I launch new start-ups and take my business from 8 to 9

Love this one [Lukas!!!](#)

Embracing imperfection is where the real growth happens!

Like · 1 | Reply · 2 Replies

Load previous replies



**Lukas J.M. Stangl** Author

3mo ...

Google | LinkedIn Top Voice | Founder of Peak Life. | Follow me for posts about high-performance living and personal growth

Glad you enjoyed it, Rob!

Completely agree with you on this.

Like | Reply



**Jade Bonacolta** · 2nd

3mo ...

Marketing Leader @ Google | Ranked #2 female creator worldwide | LinkedIn Growth Coach | Founder of The Quiet Rich™ | I write about productivity, lifestyle design, and minimalism

I first found out about the 70-20-10 Rule from [Ben Meer](#) a while back, and I'm so glad I came across it. I'm a recovering perfectionist who used to never allow myself to create mediocre work— which meant I would create very few things at a time (which is a surefire way of never improving.) The more you produce, the more likely you'll be to strike gold, [Lukas](#).

Like · 27 | Reply · 5 Replies



**Lukas J.M. Stangl** Author

3mo ...

Google | LinkedIn Top Voice | Founder of Peak Life. | Follow me for posts about high-performance living and personal growth

Thank you for sharing, Jade!

Your comment resonates deeply with my experience with it.

Like | Reply



**Taba Brown** (She/Her) · 3rd+

3mo ...

Business Development/Sales Manager|B2B Tech Sales

[Jade Bonacolta](#) I can identify with this, it also causes analysis paralysis which largely limits your progress, I find peace in telling

myself that I don't need to be perfect I just need to keep improving

Like | Reply

Load more replies



**Motivational Lines**

3mo ...

**Lukas J.M. Stangl** The framework you've provided to overcome perfectionism is indeed empowering. It's important to add that breaking tasks into smaller, manageable pieces can also prevent the overwhelm that feeds perfectionist habits. Moreover, setting time limits for each task can help in avoiding the trap of over-polishing. It's about findin ...see more

Like · 🍷 6 | Reply · 2 Replies



**Lukas J.M. Stangl** Author

3mo ...

Google | LinkedIn Top Voice | Founder of Peak Life. | Follow me for posts about high-performance living and personal growth

Valuable insights here.

Thank you for sharing those with all of us.

Much appreciated, **Motivational Lines**.

Like · 🍷 1 | Reply



**Bernice Amadou** · 3rd+

3mo ...

Strategy Consultant, Business Developer and Advisor for SME in developing countries | Social Entrepreneur | MBA from Keller School of Management of New York, USA

Breaking tasks into smaller goals with deadline help achieve those goals with smalls rooms for errors/mistakes.....

Thanks to **Motivational Lines**

Thanks to **Lukas J.M. Stangl**

Like | Reply



**Ghassan Nour Salhab** (He/Him) · 2nd

3mo ...

AI Analyst, Instructor | Content Creator

This approach to overcoming perfectionism is not only pragmatic but also empowering. By valuing progress over perfection, we open ourselves up to continuous learning and growth. Embracing imperfections and learning from mistakes fosters resilience and adaptability, which are essential qualities in both personal and professional realms. This mindse ...see more

Like · 🍷 2 | Reply · 2 Replies



**Lukas J.M. Stangl** Author

3mo ...

Google | LinkedIn Top Voice | Founder of Peak Life. | Follow me for posts about high-performance living and personal growth

Your comment beautifully captures the essence of the message, Ghassan.

Valuing progress over perfection fosters resilience, adaptability, and sustainable success.

Like · 🍷 1 | Reply



**Ghassan Nour Salhab** (He/Him) · 2nd

3mo ...

AI Analyst, Instructor | Content Creator

Thank you I really appreciate the compliment.

Like | Reply



**Krisha Amlani** 🌱 · 2nd

3mo ...

Top Personal Development Voice | Achieve your best self with these simple tips for personal growth 🌟 | Manifesting Product Manager [Fellow @HelloPM] | Freelance Content Writer

**Lukas J.M. Stangl** do you think frameworks and rules come in handy? Are these more superior for growth or articles/videos from trusted authorities?

I do feel numbers do the work, but what works the most?

...see more

Like · 🍷 1 | Reply · 2 Replies



**Lukas J.M. Stangl** Author


3mo ...

Google | LinkedIn Top Voice | Founder of Peak Life. | Follow me for posts about high-performance living and personal growth

Both frameworks and guidance play pivotal roles in shaping growth and development!

Like · 🍷 1 | Reply



**Krisha Amlani**  • 2nd  
Top Personal Development Voice | Achieve your best self with these simple tips for personal growth ✨ | Manifesting Product Manager [Fellow @HelloPM] | Freelance Content Writer

Thank you for the reply :)

3mo ...

Like | Reply



**Uma Damodaran** (She/Her) • 2nd  
Software Engineer @ Wells Fargo | Curating what I learn along the way

Read this recently-


"90% of your work will take 75% of the time  
The last 10% will also take 75% of the time  
Maybe... don't do the last 10%"

3mo ...

...see more

Like ·  2 | Reply · 3 Replies



**Lukas J.M. Stangl**  **Author**  
Google | LinkedIn Top Voice | Founder of Peak Life. | Follow me for posts about high-performance living and personal growth

Love it, Uma!

Thank you for sharing this here with all of us.

Can you recall the source?

3mo ...

Like ·  1 | Reply



**Srinivas Gowrishetty** (He/Him) • 3rd+  
Software Engineer

We have to contextualize this Uma Damodaran. This won't apply to all professions. Imagine builders, doctors, surgeons doing 90%.

3mo ...

Like | Reply

Load more replies




**Colby Kultgen** • 2nd  
Former accountant, future author | Digestible & actionable personal development content

70-20-10 is a game changer for perfectionists. [Lukas J.M. Stangl](#)

3mo ...

Like ·  6 | Reply · 2 Replies



**Lukas J.M. Stangl**  **Author**  
Google | LinkedIn Top Voice | Founder of Peak Life. | Follow me for posts about high-performance living and personal growth

Glad you see it the same way, Colby!

Thank you for sharing this here with all of us.

3mo ...

Like | Reply



**Andrew McGuire** • 2nd  
I ghostwrite for SaaS CEOs (in GTM tech) by turning LinkedIn into their #1 lead source with my Audience to Leads service (that will increase opt-in rates to 50%). Get my free course to start. ↓.

What a great way to think about it Colby. Thanks for that.

3mo ...

Like | Reply

Load more comments