
Day 15: The Perfectionism Trap

Today's Focus: Release unrealistic standards that fuel avoidance

Time Commitment: 20 minutes

Core Exercise: Perfectionism Challenge

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show yourself compassion around this challenge?

Week 3 integration:

What's been your biggest insight about yourself this week? _____

Identifying Your Perfectionism Patterns (4 minutes)

Perfectionism often masquerades as "high standards," but it actually prevents progress by making tasks feel impossible to start or complete.

Perfectionism Self-Assessment

Check all that apply to you:

- I have trouble starting projects because I don't know the "right" way
- I'd rather not do something than do it poorly
- I spend excessive time on minor details
- I have difficulty delegating because others won't do it "right"
- I feel like a failure when I make mistakes

- I compare my work to others' best efforts
- I procrastinate on tasks that won't be perfect
- I have many unfinished projects

Your Perfectionism Triggers

I become perfectionistic when:

1. _____
2. _____
3. _____

The area where perfectionism holds me back most:

Main Exercise: The "Good Enough" Challenge (11 minutes)

Step 1: Choose Your Challenge Task (2 minutes)

Pick a task you've been avoiding due to perfectionism:

What "perfect" outcome are you imagining?

What would "good enough" look like?

What would "minimum viable" look like?

Step 2: Redefine Success (3 minutes)

For this task, success means:

- Completion: _____
- Learning: _____
- Progress: _____

Success does NOT mean:

- _____
- _____

Rate how scary it feels to aim for "good enough" (1-10): _____

Step 3: Execute the Challenge (6 minutes)

Set a timer for 10 minutes. Work on your task with the explicit goal of producing something "good enough" - not perfect.

Work now - come back after 10 minutes

What did you create? _____

How does it compare to your original "perfect" vision? _____

How do you feel about the "good enough" result? _____

What did you learn about perfectionism vs. progress? _____

Courage Journal Weekly Review (2 minutes)

This week's acts of courage:

Day 11: _____

Day 12: _____

Day 13: _____

Day 14: _____

Day 15: _____

Pattern I notice in my courage: _____

How I've grown this week: _____

Perfectionism Recovery Plan (1 minute)

When I notice perfectionism creeping in, I will:

1. Ask: "What would good enough look like?"
1. Set a time limit for the task
3. Remind myself: " _____ "

My anti-perfectionism mantra:

" _____ "

Week 3 Integration

Complete these sentences:

"This week I learned that I am capable of _____."

"My biggest breakthrough was _____."

"Next week I want to focus on _____."

Tomorrow's Preparation

Next week we'll work on creating sustainable systems and building your new identity as someone who faces fears consistently.

Progress Over Perfection Thought:

"Done is better than perfect. Good enough is often more than enough."
