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# Day 15: The Perfectionism Trap

**Today's Focus:** Release unrealistic standards that fuel avoidance

**Time Commitment:** 20 minutes

**Core Exercise:** Perfectionism Challenge

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## 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?** \_\_\_\_\_

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## 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:*

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## 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:*

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*What "perfect" outcome are you imagining?*

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*What would "good enough" look like?*

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*What would "minimum viable" look like?*

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### 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? \_\_\_\_\_

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### 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: \_\_\_\_\_

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## 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:*

" \_\_\_\_\_ "

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## 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 \_\_\_\_\_."

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## 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."*

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