

---

# Day 30: Releasing Perfectionism

**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 myself compassion around this challenge?

*Growth Mindset Check:*

How did applying growth mindset thinking to challenges feel yesterday?

---

---

## Perfectionism Deep Dive (4 minutes)

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

### Your Perfectionism Profile

*Complete these perfectionism pattern statements:*

"I have trouble starting because \_\_\_\_\_"

"I'd rather not do something than \_\_\_\_\_"

"I spend too much time on \_\_\_\_\_"

"I feel like a failure when \_\_\_\_\_"

"I procrastinate most on tasks where \_\_\_\_\_"

## Perfectionism Cost Analysis

*What perfectionism has cost you:*

Opportunities not taken: \_\_\_\_\_

Projects never started: \_\_\_\_\_

Relationships affected: \_\_\_\_\_

Personal growth missed: \_\_\_\_\_

Time and energy wasted: \_\_\_\_\_

Stress and anxiety created: \_\_\_\_\_

Most painful cost: \_\_\_\_\_

---

## Main Exercise: Strategic Imperfection Practice (12 minutes)

### Step 1: Choose Your Imperfection Challenge (3 minutes)

*Select a task you've been avoiding due to perfectionism:*

\_\_\_\_\_

What would "perfect" look like? \_\_\_\_\_

What would "good enough" look like? \_\_\_\_\_

What would "minimum viable" look like? \_\_\_\_\_

Rate your anxiety about doing it imperfectly (1-10): \_\_\_\_\_

## Step 2: Deliberate "Good Enough" Execution (7 minutes)

*Set a timer for 10 minutes. Your goal is to create something "good enough" - explicitly NOT perfect.*

Work on your task now with these guidelines:

- Don't research additional information
- Don't revise more than once
- Don't compare to others' work
- Accept the first "good enough" solution
- Stop when the timer rings

*Come back after working*

What you created: \_\_\_\_\_

How it compares to your "perfect" vision: \_\_\_\_\_

What you learned about perfectionism vs progress: \_\_\_\_\_

Rate your anxiety now (1-10): \_\_\_\_\_

## Step 3: Imperfection Integration (2 minutes)

*Reflection on your "good enough" result:*

"This is good enough because \_\_\_\_\_"

"What I gained by not being perfect \_\_\_\_\_"

"How this serves my larger goals \_\_\_\_\_"

"What perfectionism would have cost me here \_\_\_\_\_"

---

# Anti-Perfectionism Strategies (1 minute)

*Choose your anti-perfectionism tools:*

- Set time limits and stop when they're reached
- Aim for B+ work instead of A+
- Show your work before you think it's ready
- Ask "What would good enough look like?" before starting
- Remember: Done is better than perfect
- Practice the 80/20 rule - focus on the 20% that matters most

Your go-to anti-perfectionism strategy: \_\_\_\_\_

---

# Courage Journal - Second Month Complete! (1 minute)

Today's courageous act: \_\_\_\_\_

*Reflecting on 10 days of deeper fear-facing work:*

Biggest breakthrough: \_\_\_\_\_

Most challenging day: \_\_\_\_\_

Strategy that helped most: \_\_\_\_\_

How you've grown: \_\_\_\_\_

---

# Tomorrow's Preparation - Month 3 Begins

Tomorrow begins your final month focused on integration, resilience, and creating lasting change.

*Perfectionism Freedom Thought:*

*"Excellence and perfectionism are different. Excellence is achievable and energizing. Perfectionism is impossible and paralyzing. I choose excellence through 'good enough' progress."*

