

Insights from Little Bets by Peter Sims

"Chris Rock, the Pixar filmmakers, Frank Gehry, Steve Jobs, and Colonel Casey Haskins are all perfectionists and yet they accept, even welcome, failure as they develop new ideas and strategies." - Peter Sims

Failure = Imperfection, and that's hard to accept.

"Innate curiosity, which is the basis for so much creativity routinely gets squelched (as an adult). Perfection is rewarded, while making mistakes is often penalized. The term "failure" has taken on a deeply personal meaning, something to be avoided at nearly all costs." - Peter Sims

A growing body of psychology research reveals that there are two forms of perfectionism: Healthy & Unhealthy.

"Healthy perfectionism is internally driven in the sense that it's motivated by strong personal values for things like quality and excellence. Conversely, unhealthy perfectionism is externally driven. External concerns show up over perceived parental pressures, needing approval, a tendency to ruminate over past performances, or an intense worry about making mistakes. Healthy perfectionists exhibit a low concern for these outside factors." - Peter Sims

3 Questions to Combat 'Unhealthy' Perfectionism

Questions direct our focus and guide our actions. By routinely asking the right questions we'll find the courage to make little bets, embrace small failures, and prevent an unhealthy perfectionism from paralyzing our productivity.

