**Perfectionism: A Bad Thing or A Good Thing?**

Perfectionism is widely considered a bad thing. We have people who go as far as naming it a mental disorder and giving advice on how to overcome it.  
  
Perfectionism is highly discouraged, yet we find it in almost every exceptional individual that has ever walked this earth. Steve Job, his interest in perfection is out of this world — Serena Williams: she focuses so much on perfecting her game that she does things that make you wonder about their purposes — Usain Bolt, he goes as far as analyzing his races down to every single second, trying to learn ways he could improve — we have so many more examples. Despite all proofs, we still see nonsensical information all over the web that put perfectionism in a bad light.  
  
Yes, perfection is quite a paradox: you will typically keep striving for it but probably never arrive at something satisfactory. However, when done wisely, that relentless pursuit of excellence is how exceptionalism gets born.  
  
Perfectionism can be a very draining endeavor. It is understood if you do not want to live a life of perfection. Everyone is free to make their choices in life — I do not think refusing to embrace perfectionism necessarily makes one a lesser human. However, to label something as bad just because it is too stressful for you is frankly nonsense.  
  
Are you a perfectionist? Embrace your love for it. Do not be dissuaded by the sea of thoughtless information out there.