The Secret To Breaking Perfectionism's Grip

GOOD ENOUGH

The Good Enough Goal-Setting Framework

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THE GOOD ENOUGH GOAL SETTING FRAMEWORK

1. START WITH WHY

- What's the true purpose of this goal?

- Is this something I genuinely want, or am I doing it to meet someone else's expectations?

- How will achieving this goal contribute to my personal growth or happiness?

Action Step: Write down your goal and its purpose in one sentence. Example: "I want to exercise regularly to feel healthier and have more energy for my family."

Reflection Space: Why does this goal matter to you?

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2.MAKE IT ACHIEVABLE

Set goals that challenge you but remain realistic and attainable. Break larger objectives into smaller, actionable steps.

- **Reframe Perfection:** Instead of "Write a perfect report," aim for "Write a clear first draft and improve it later."

- **SMART Goals:** Ensure your goals are Specific, Measurable, Achievable, Relevant, and Time-bound. For example, "Walk for 30 minutes three times a week" instead of "Get fit."

- **Action Step:** Write down the first step you'll take toward your goal. Keep it small and manageable.

Reflection Space: What's one realistic step you can take today?

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3. EMBRACE FLEXIBILITY

Life is unpredictable, and flexibility ensures you don't abandon your goals at the first sign of obstacles.

- **Questions to Consider:**
    - What's one potential roadblock you might face?
    - How could you adjust your plan if things don't go as expected?

Example: If your goal is to "Work out five days a week" but you miss two days, adjust by walking longer on other days or doing shorter workouts at home.

- **Action Step:** Write down one way you'll pivot if challenges arise.

Reflection Space: What's your backup plan?

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4. CELEBRATE PROGRESS

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    - What's one potential roadblock you might face?
    - How could you adjust your plan if things don't go as expected?

Example: If your goal is to "Work out five days a week" but you miss two days, adjust by walking longer on other days or doing shorter workouts at home.

- **Action Step:** Write down one way you'll pivot if challenges arise.

Reflection Space: What's your backup plan?