

The Secret To Breaking Perfectionism's Grip

GOOD ENOUGH

**BREAK FREE:
YOUR PERFECTIONISM
DETOX CHECKLIST**

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BREAK FREE: YOUR PERFECTIONISM DETOX CHECKLIST

1. RECOGNIZE THE PATTERNS

Perfectionism often operates silently in the background.

Use these questions to identify areas where it's holding you back:

- Are you overthinking minor details or procrastinating because something isn't perfect?
- Do you hesitate to start projects unless you feel completely prepared?
- Are there tasks you avoid entirely because you fear failing?
- How often do you find yourself dwelling on past mistakes, replaying them in your mind?

Reflection Space: Write down specific situations where these patterns show up in your life. How do they make you feel? What do they prevent you from accomplishing?

2. SHIFT YOUR PERSPECTIVE

Changing how you view yourself and your efforts is key to dismantling perfectionism.

Practice shifting your mindset with these steps:

- Write down three ways "good enough" has led to great outcomes in your life (e.g., completing a project, fostering relationships, or creating joy).
- Choose a past "mistake" and reframe it as a learning opportunity. Ask yourself: What did this teach me, and how did I grow from it?
- List one area in your life where striving for perfection might actually be holding you back, and brainstorm ways to embrace progress instead.

Reflection Space: Note how these perspective shifts make you feel. What new insights or freedoms emerge as you practice these exercises?

3. TAKE ACTION

Perfectionism loses its power when you start to act despite fear or self-doubt. Take these small but meaningful steps:

- Say "no" to one unnecessary obligation this week. Choose something that doesn't align with your priorities or values.
 - Share an imperfect piece of work or idea with someone you trust. Reflect on their response and how it felt to let go of the need for perfection.
 - Set a time limit for a task you've been avoiding. Commit to completing it within that time, no matter the outcome.

Reflection Space: How did it feel to take these actions? What surprised you about the process or the results?

Notes: