



OVERCOMING PERFECTIONISM

THE NEGATIVE CONSEQUENCES OF PERFECTIONISM

How is this showing up for you?

WORKSHOP

Where is one area you are stuck right now?

What do you really want in this area? What's your ideal outcome?

1 – MAKE A CLEAR DECISION

What's one decision you need to make?

What are your options?

Your choice:

2 – IDENTIFY RISKS AND CONTINGENCIES

What are the risks associated with this decision? What could go wrong?

Risk	Ideas to Mitigate	Ideas to Handle It

3 – TAKE ACTION TO CREATE CLARITY

What are your next actions? (Remember the Law of Non-Resistance.)

I will... by ...

What will you NOT do?

CRITICAL HABIT – STOP THE BLAME

It's a choice.

When I make a mistake, I choose to...

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