



THE PERFECTION PARADOX

20 Self-Reflection Questions for Perfectionists

1. Do I require perfectionism from myself or others? Why?
2. When have I allowed the desire for perfection to get in my way?
3. In what areas do I limit myself with unrealistic expectations?
4. In what ways do I strive for perfection?
5. Do I ever find myself spending forever on a task, trying to get it *just right*?
6. What has the need for perfection cost me in the past?
7. How do I respond when I make a mistake?
8. What are my goals today? Can I achieve them without being perfect?
9. What are the most important areas of my life for me to experience improvement?
10. How have my relationships been affected by expecting too much from others?
11. Do I feel I deserve to be loved, even though I'm imperfect?
12. Do I allow myself to be “under construction?”
13. Do I accept my flaws?
14. How do my imperfections make me special?
15. What good things have my imperfections brought to me?
16. How can I embrace my imperfections?
17. When have I received accolades for a job well done—even though it wasn't perfect?
18. How can letting go of perfection improve my life?
19. What will I gain by having more reasonable expectations?
20. What would my life look like if I were twice as good in every area of my life? If it took a year to accomplish, would it be worth it?