



THE PERFECTION PARADOX

Living Inside the Paradox 7 Steps to Overcoming Your Perfectionism

1. Take Action – Imperfect action beats perfect inaction every day
2. Pummel Procrastination – It’s getting you nowhere
 - a. Break up projects/assignments into small tasks
 - b. Prioritize the smaller tasks
 - c. Give each task a time limit or deadline
 - d. Eliminate distractions
 - e. Take short breaks, movement or relaxation breathing are great
 - f. Celebrate each completion/accomplishment
3. Quit Pursuing “Better” – It doesn’t exist
 - a. Create a list of things that cause you to keep pursuing perfect
 - b. Create a list of all the results those causes have provided for you
 - c. Read the lists, then “let it go” and commit to ridding your life of the causes
4. Stop Projecting – It’s ruining your relationships
 - a. Look for the positive before you issue reality checks
 - b. Apologize for past transgressions
 - c. Be grateful for contributions from others whether it was your way or not
 - d. Be vulnerable and authentic
5. Embrace Failure, Don’t Fear It – It’s an opportunity to learn and grow, not who you are
 - a. Define what you are really afraid of
 - b. Define what will actually happen if you fail
 - c. Compare the two; the outcome is probably far less scary than the fear



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6. Create New Habits – The old ones weren't serving you well
 - a. Figure out what habits you need to change
 - b. Quit doing things the old way
 - c. Decide how you are going to do things from now on
 - d. Find tools that work for you to help you institutionalize the new way
 - e. Stick with them for at least two months before deciding if you need to make changes
7. Grant Yourself Grace – If you don't allow yourself to be imperfect, none of the other steps will matter