

Perfectionism Reflection

When did I last feel like something I did wasn't "good enough"?

Describe the situation. What were you aiming for? What made it feel like a failure—even if others saw it as a success?

What personal rule or belief was driving that reaction?

Try to name the hidden expectation. Was it something like "I should never make mistakes," or "If it's not perfect, it doesn't count"? Is that standard actually realistic or fair?

How could you reframe that thought with more flexibility or kindness?

What would you say to a friend in the same situation? Try something like: "Doing my best is enough," or "It's okay if this isn't perfect—progress matters more."

What's one small thing you could do today to challenge your perfectionism?

You might allow something to be "good enough," start without overplanning, take a break before over-editing, or let yourself celebrate progress without guilt.