

## OVERCOMING PERFECTIONISM

# Through Healthy Striving

This workbook offers a step-by-step process to help you move forward on a project even when you're feeling stuck. It is written with perfectionists in mind. Perfectionists are people who have high standards for themselves (and others) -- to the point of inaction or serious procrastination.



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Coaching ambitious perfectionists so they can experience greater joy and fulfillment at work and in life.


# IMPLEMENTING HEALTHY STRIVING


1. The project/initiative/issue I'm procrastinating on:

*(We'll call it a project in this worksheet, but feel free to insert the word that works best for you)*

2. Identify 2-3 tasks, within that project, that you have been procrastinating on. Select tasks that you need to complete soon or as a next step to move the project forward.

3. With the bigger project and some of the smaller tasks in mind, jot down how your perfectionism is:

**HELPING YOU:**

**HINDERING YOU:**

4. Consider the bigger project (in question 1) and respond to either or both of these questions “What is important about this project/initiative? Who is NOT being helped when you are delaying or in a state of inaction?”

5. Select one of the tasks you've identified in question 2 based on which one you're most committed to completing this week (if you could just get moving...). If the task you selected is still “too big”, what is one element of this task that you're committed to completing this week?

6. What are you ready to let go of in order to complete this task?

7. What else or who else do you need in order to support you to complete this task?

**Let me know how this goes for you! I love to hear from you.**