

What worked? What didn't work? What would I do differently next time?

A TOOL FOR AMBITIOUS PERFECTIONISTS

As a perfectionist, you are likely to be highly self-critical. Your self-criticism tends to show up more strongly if you perceive you've "failed" or not met your own high standards. And though you might think that being hard on yourself will motivate you, the opposite is true.

If you recently tried something that didn't go as well as planned and you are spiralling in self-criticism, this resource will help you direct your self-criticism towards something more productive: a process of evaluation that is focussed on learning.

Let's get started!



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Think of something you tried recently that didn't go as well as you had planned or hoped for. What were you hoping to achieve overall (in terms of a feeling, an outcome, a relationship or other)? Note it below:

If you have been putting yourself down because the above didn't go as you had hoped, reflecting on the 3 questions that follow will help redirect your self-criticism (that "inner critic") and engage you in a more productive process of reflection, evaluation, and planning.

WHAT WORKED?

When you think about the situation above, what DID go well? What worked? Consider ALL the factors, including your attitude, your approach, your energy, your preparation, and anything else. Be specific.

WHAT DIDN'T WORK?

Now, consider some of the things that didn't go well. Consider factors such as your approach, your energy, preparation and anything else. Be specific.

WHAT WOULD YOU DO DIFFERENTLY NEXT TIME?

If you were faced with a similar situation or challenge in the future, what would you do differently? Be as specific as possible and consider factors over which YOU have control. Don't let yourself off the hook with "I don't know"!