

Making success easier than "failure"

A WORKSHEET FOR AMBITIOUS PERFECTIONISTS

This worksheet is for people who are feeling stuck and not moving forward on a goal they claim is important to them.

The prompts and activities in this worksheet will guide you through a process of breaking the goal into smaller parts (note: small does not mean less important) and identifying next steps based on "high motivation" and "high ability".

Let's get started!



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A TOOL FOR AMBITIOUS PERFECTIONISTS

Identify a goal that you are drawn to but haven't been making progress on:

Reflect on why this goal is important/meaningful to you at this time. Make note of your heart and head responses (tap into your feelings, as well as your intellect as you reflect).



Re-affirm why this goal is important to you at this time and how it ties into your values.

Why do you want to say "yes" to this goal?

YES

Next, you are going to brainstorm 10-20 ways this goal could be met. Notice that I didn't write "brainstorm ways YOU can meet this goal". I am asking you to identify possible ways the goal *could be* met!

Tips for doing this part:

- As you consider ways the goal could be met, break the steps into small components.
 - Example: if my goal is to "sing more," some ways to meet that goal could include: choose a song I like, listen to songs, print out the lyrics for a song I like, join a choir, and take private lessons.
- Don't judge the feasibility of the ideas as you're generating them.
- If it helps with your creativity, pull out the coloured markers or your favourite pens...
- For more on taking small steps and habit formation, see *Tiny Habits* by Dr. BJ Fogg

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(continued)

10-20 small ways that could lead to my goal being met:



Apply some criteria...

In the list above: (1) circle the items for which you have **high motivation** and (2) put a check mark beside the items that require low **ability** or for which you currently have the abilities needed to complete the task.

Time to get selective.

Review the items that are circled and have a check mark beside them. These are your "high motivation" "low/sufficient ability" items. Select 2 that would be good next steps for YOU. Write them below:

My commitment to action

Drawing from the "high motivation" "low/sufficient ability items," commit to 2 steps and note by when you'll complete these. Consider how to incorporate these a part of an ongoing process that will help you move forward on your goal.

