

**5 HARD-WON
LESSONS FROM A
RECOVERING
PERFECTIONIST**
Cheatsheet

1) NOTICE WHAT MOTIVATES YOU—FEAR OR JOY

*Revisit the blog article [here](#).

Perfectionists tie their self-worth to their achievements. The fear of failure and disapproval is like a flame underneath their butts to spur them into action.

On the other hand, **when you strive for excellence, you know you're worthy despite your project's outcome.** Joy and excitement animate your work.

Notice how you feel in your body as you go about your task. If fear motivates you, you feel tense, like you're grasping or chasing something, or like you have a weight on your shoulders.

If joy motivates you, you feel light, open, energetic and even grateful. You're in the flow and ideas come to you easily. You might be so focused that you lose track of time!

2) LOVE WHAT YOU DESPISE ABOUT YOURSELF

Perfectionism is actually a coping mechanism.

You became a perfectionist because the consequences of showing your true self—including your insecurities and “defaults”—were unbearably painful. And to stop the hemorrhage, you grabbed the most effective bandage you had at the time: perfectionism.

So, send some love to those parts of you that you've cast away. That your parents, co-workers, friends or society have deemed “unacceptable”. And breathe.

3) CHALLENGE “NO PAIN, NO GAIN”

*Revisit the blog article [here](#).

“No pain, no gain” can be a dangerous motto for perfectionists because it justifies every ounce of energy devoted to getting things just right. Sure, it’s necessary to put in the effort to succeed, but perfectionists feel like a failure if they don’t achieve their mile-long list of goals.

In the end, perfectionists feel unworthy. They think, *If I’m perfect, then I’ll be good enough.* Then others will accept me. Or love me.

Muster up the courage to own your shortcomings, to take pride in being a work in progress. Which, in turn, will inspire others to do the same.

4) PICK YOUR BATTLES

Underneath it all, you struggle with feeling not good enough. And to compensate, you strive for perfection.

But, **you can’t do it all. No one can.**

And if they do, you can bet they’re sacrificing family time, self-care, money or their health. It’s not sustainable in the long run.

You don’t stop being a perfectionist overnight. To do that 180, you have to first build up your self-esteem, so that you can trust yourself enough to be ok when you fail. **Check out my coaching services that will help you do just that here.**

For now, pick your battles. Be deliberately messy, just this once. Or twice. Edit that email 3 times instead of 10. Cancel 1 nonurgent task. You’ll be ok.

5) CELEBRATE YOUR WINS AND FAILURES

*Revisit the blog article [here](#).

The short-term perks of perfectionism outweigh the drawbacks. In the long run, **perfectionism is a dead-end way to live**. It leaves no room for joy.

So, stop right now and acknowledge your wins and failures. Yes, even the tiny wins. And yes, even the failures.

Why?

Because **your failures help you improve and grow**. Stop focusing so much on results and see how amazing you already are.

Enjoy the process.

P.S. Need help overcoming perfectionism? Check out my [coaching services](#) and learn how to stop beating yourself up and feel "good enough", despite your shortcomings.