

**5 LIFE AREAS OF
PERFECTIONISM**

Playbook

Did you know perfectionism can take root in one life area and not another?

Researchers have found perfectionism can show up in 22 life areas, with work and studies being the most common.

For the sake of simplicity, let's focus on 5 life areas.

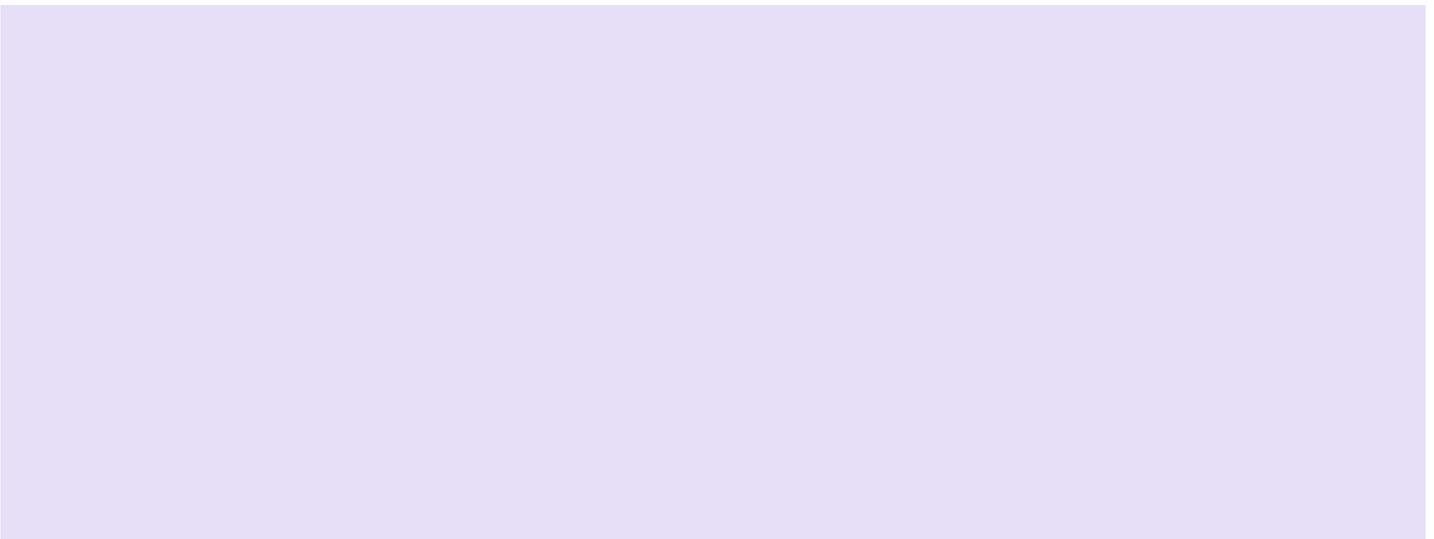
*Revisit the blog article [here](#).

1) WORK / STUDIES

Upholding impossible standards means taking much longer than others to finish tasks. If you feel unsure of your abilities, you might procrastinate or avoid tasks altogether.

Paradox: the drive to do well can hinder your performance. Of course, there's a vast difference between striving for excellence and perfection. So, how do you know when you've gone too far?

List the pros of pursuing perfection:



Then, weigh the cons:



Reflect on your list of pros and cons. Observe the emotions, sensations and images that arise.

Is it worth loosening your standards?

2) RELATIONSHIPS

We tend to criticize loved ones for things we don't accept about *ourselves*—to save them from the rejection and shame we've experienced.

So, to nourish fulfilling relationships, we should first start with the relationship we have with ourselves.

Name some rigid expectations you have for your loved ones. Then, see if you can find those "flaws" in yourself.

Don't beat yourself up—rather, breathe in on "compassion" and breathe out on "love".

3) HEALTH / SPORTS

Do you follow strict dietary guidelines (not for specific medical reasons or allergies)? What are they? How do you feel when you plan or prepare meals?

Do you tend to focus on results in sports? How do you push yourself in sports?



Breathe deeply into your fear of illness, failure or disapproval.

Trust that you'll be alright.

4) PHYSICAL APPEARANCE

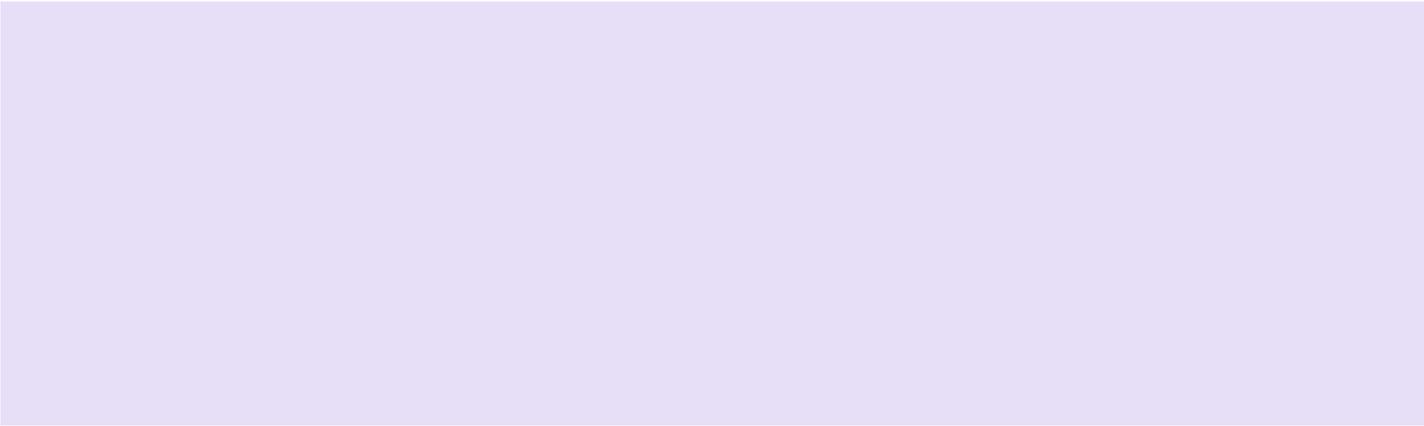
We all feel the pressure to meet conventional beauty standards.

But conforming to them harms everyone. Each time you criticize your body or someone else's, you've fallen prey to consumerism.

"A flower does not think of competing to the flower next to it. It just blooms."
—Zen Shin

What do you detest about your physical appearance?





Acknowledge you've been duped by others' beauty standards.

Look at your body in the mirror and listen to your inner critic judging you.
Breathe deeply.

You're more than your self-doubt.

If you or a loved one struggle with an eating disorder, please avoid shaming and get support.

5) HOME / ENVIRONMENT

When you try to perfect your home, understand what's really happening: controlling your corner of the world helps you feel safe and accepted.

But, it's not about how you fold your shirts. Nor if your papers stack up neatly.

It's about accepting that life is messy. And that you'll be ok.

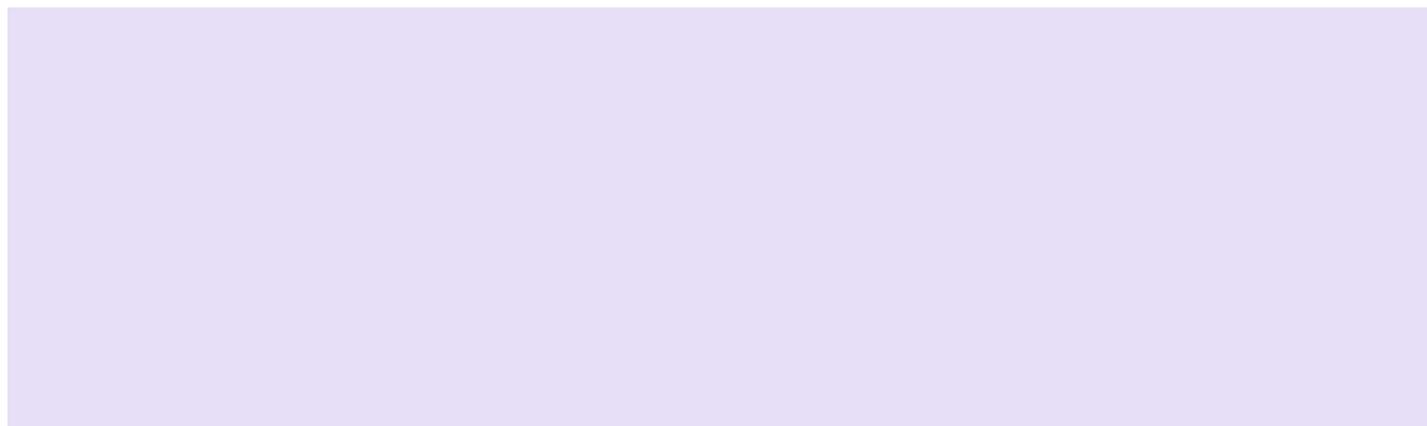
Challenge: do a task only half-way today!

Hang up only half of the pile of clothes. Wash only a couple of dishes.

Notice how you feel. Breathe deeply as you process the tension. The urge to clean, wash and organize.

Then, go outside and play.

Which task(s) will you do only half-way today?



P.S. Struggling with perfectionism? Get personalized help with my one-to-one coaching packages. [Check them out here.](#)