

SHINE YOUR LIGHT - PERFECTIONISM JOURNALING

INSTRUCTIONS:

Allow deep honesty in this exercise. Take your time to go deep.

1. In what ways am I a perfectionist?
 2. What am I afraid of happening if I don't do it perfectly?
(Allow yourself to be super irrational and exaggerate what horrible things will happen.)
 3. What are the fears that underlie my need for things to be perfect?
 4. When I think of letting go of perfectionism, what emotions or concerns arise?
 5. What high standards do I constantly hold myself to? Which of these high standards may be unrealistic?
 6. How might perfectionism be leading to procrastination? What am I avoiding because I can't be "perfect"?
 7. What areas of my life am I most dissatisfied with? How might perfectionism be related to the dissatisfaction I feel?
 8. How does perfectionism benefit me?
 9. Are the people I admire perfect? Or do they embrace their imperfections?
 10. How can I incorporate more play, fun, and spontaneity into my life to counteract perfectionism?
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