

Preventing Perfectionism

Going through life as a perfectionist will always damage your self-esteem and strip you of any feelings of self-acceptance you may have for yourself. That is because the impossibly high demands you make of yourself—and the unrealistic expectations you place on others—will invite only disappointment, self-repudiations, and widespread unhappiness.

Living your life as a perfectionist will also set you up for continuous rejection and deny you peace of mind. Demanding perfection usually results in failure. Even if you achieve an exceptional result, chances are you will still be unhappy because you will find additional reasons for not being good enough. Nothing for a perfectionist is ever good enough.

Remember, being a perfectionist may paralyze your future chances of success—in either your personal or your professional life—because you will eventually fear taking any new actions that might produce imperfect result. Preventing perfectionism begins by saying *no* to unreasonable high demands that produce only failure and self-contempt. The new way of thinking requires you to choose goals that are easier to achieve and are within the realm of your possibilities. Moderate your expectations—and stop focusing on faults and flaws—then watch your performance and self-esteem soar.

Briefly describe a situation or part of your life in which you would like to be less “perfect”. What are some specific ways that you could moderate your goals in that particular situation/area? What consequences might follow from such changes?

Power of Failure

Failure is a teacher and it can be a source of personal growth. Experiencing failure—and learning to judge your own capabilities—demonstrates that you have the strength to accept life’s challenges. Condemning yourself for not succeeding is unfair. See failure for what it really is: an opportunity to discover that future success lies in another strategy or direction. You will achieve your next goal if you learn from your past mistakes.

“Life is either a daring adventure or nothing”.
--Helen Keller