

For professionals

Become a recovering perfectionist – 10 skills that will help



Tip! At the beginning of the day or week, choose one skill to practice. And: don't be too perfectionistic! Learning and development works by trial and error.

“You are imperfect and wired for struggle.
And you are worthy of love and belonging.”

– Brené Brown

1 Check your picture-perfect

Exercise: What picture-perfect are you imagining? Which are important to you? Describe them – and check them with the reality of everyday life.

2 Break up your goals

Exercise: Describe your end goal. Chop it into smaller intermediate steps. Share your interim goals with others.

3 Develop a growth mindset

Exercise: Describe a situation from a fixed mindset ('I consider a mistake to be a personal failure'). Then describe how you could consider the same situation from a growth mindset ('I see a mistake as an opportunity to grow and develop').

4 Train your courage muscle

Exercise: What is one little brave experiment you can do this week? Do it! And evaluate: How did it go? What did you experience?

5 Live your values

Exercise: Make a list of values that are important to you. See if you can limit yourself to two or three values. What is one small, concrete action you can do to put (one of) these values into practice?

6 Learn to set boundaries

Exercise: What boundaries are important to you? Who crosses these (regularly)? Discuss your boundaries with that person.

7 Do not believe everything you think

Exercise: Be gentle and kind to your thoughts, but do not take them too seriously. Try to observe them without believing everything that comes along.

8 Talk to yourself as you would talk to your best friend

Exercise: Write a letter to a friend expressing your support. Now, write your own name above this letter and read it to yourself.

9 Work on a healthy body and a fit mind

Exercise: Plan enough space this week to exercise. Move, go out and do something that nourishes your soul, and that you truly enjoy.

10 Don't do this alone!

Exercise: Talk to others about your intention to let go of perfectionism. Be specific. Tell your story and open up your heart, even if it's just a little bit. You might be surprised by the responses.

Source: The Perfection Paradox – Marjon Bohré-Den Harder

In the book *The Perfection Paradox* you will discover exactly what perfectionism is, why we think it makes us better and how harmful it actually is. The book is packed with practical tips that help you let go of your own perfectionism. Furthermore, it gives you lots of advice for how to deal with perfectionists in your team as a leader.

Read more at www.marjonbohre.nl/en/perfectionparadox.