

Challenge 1: It doesn't have to be perfect

Assignment 1. Understanding your own perfectionism

1. What do you want to do perfectly? Make a list in the left column of the table

This must be perfect	Why?	Who has this expectation?	Is less than perfect also okay?	Is it my responsibility?

2. Go through the list. What do you notice?

Are most things related to your study or work, or do you also want to be perfect in other areas of your life? Do you want to be the perfect partner or friend? Do you want a perfectly tidy house and lots of likes and comments on social media?

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3. Go through the list and ask yourself the following questions. Fill in the chart above.

- Why does this have to be perfect?
- Do you want to do this perfectly or do you think other people expect you to, or both?
- If it isn't done perfectly, is that okay too?
- Is this my responsibility? (If it isn't, then don't do it)

