

# Personal Reflection Exercises...

## I let go of my tendency to expect perfectionism from myself.



### **I let go of my tendency to expect perfectionism from myself.**

I realize that, as a human, there is no way that I can be absolutely perfect. Expecting myself to be perfect is a lesson in frustration that I can do without!

Therefore, ***I set my goals for more realistic expectations*** and set myself up for success, instead. When I set a goal, I divide it into a series of tasks that I know are attainable. Each task I accomplish puts me one step closer to my goal, so I can feel successful all along the way.

***Letting go of perfection reduces my stress.*** When I try to do something perfectly, every little imperfection irritates me. I acknowledge that I can do a great job without everything having to be absolutely ideal.

***Trying to be perfect wastes my time.*** I could be completing other tasks or doing something I really like to do. When I look at it this way, I wonder how I could have ever spent my time in the endless pursuit of perfection!

My confidence and self-esteem rise with the realization that ***I am good without being perfect.***

I can now see the illogic in expecting myself to be perfect. It would be like expecting a tree to get up and walk or a pig to fly! Trees are not created to walk; pigs do not have the ability to fly; and humans are simply not made to be impeccable!

Today, I strive to accept myself as the wonderful person that I am without expecting perfection.

### **Self-Reflection Questions:**

1. Do I ever find myself spending forever on a task, trying to get it *just right*?
2. When have I received accolades for a job well done - even though it wasn't perfect?
3. How can letting go of perfection improve my life?