

Escaping The Perfectionism Trap

Key Takeaways

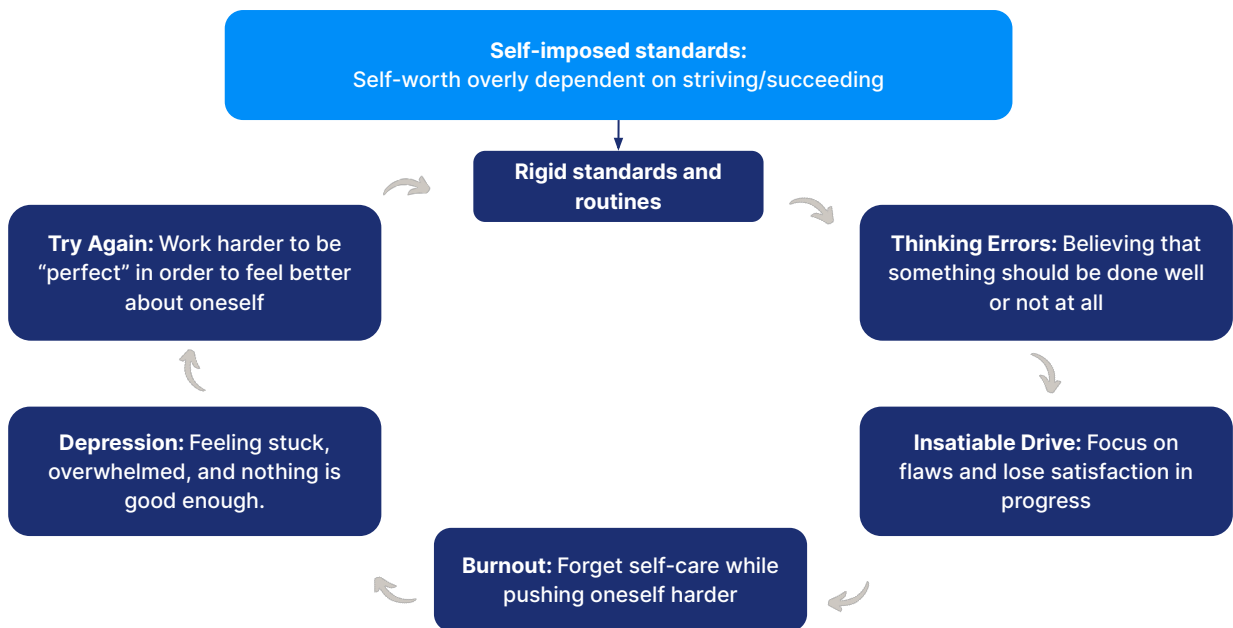
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Adaptive vs. Maladaptive Perfectionism



2

Perfectionism and Performance: A Vicious Cycle



Escaping The Perfectionism Trap

Key Takeaways

3

3 Tips: Escaping the Perfectionism Trap



Mindfulness
Set Realistic Standards

Spend time going through your activities to understand if they mentally energise, or drain your mental energy

When setting expectations around productivity, don't just include what 'needs to be done', but also include the impact it has on you

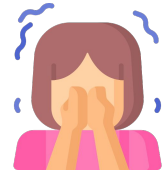


Restructuring automatic thoughts
Take back control from the inner critic

Challenge your all-or-nothing thinking

Re-adjust your Personal rules

Get comfortable with uncertainty



Overcoming fear of imperfection
Breaking the perfectionism cycle

Exposure to imperfect situations

Repeated and frequent practice

Setting realistic standards