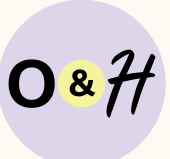


# Journaling for *Overcoming* Perfectionism *this June*

S	M	T	W	T	F	S
30 ♥♥  ♥	1 Ways striving for perfection has held you back.	2 Times you made progress even when things weren't perfect.	3 Standards you hold yourself to & whether they're unreasonable.	4 Standards you could soften to allow you to move forward.	5 Someone you admire whose journey wasn't perfect.	6 A recent setback & list learning opportunities from it.
7 Things your inner critic says & list positive responses to it.	8 What you could do with the time saved not trying to be perfect.	9 Positive outcomes that can happen from not being perfect.	10 Activities you enjoy where outcomes aren't judged.	11 Identify your values and what's important in life.	12 Identify where trying to be perfect is in opposition to those values.	13 Achievements you're proud of that weren't perfect.
14 Times you couldn't plan and had to figure it out.	15 Tasks you do yourself because you fear others won't meet your standards.	16 List the downsides of doing all those tasks yourself.	17 Tasks you'd be willing to try and delegate.	18 Things you could do with the time saved by delegating.	19 People you don't feel you have to be perfect around.	20 Times perfectionism has created more work for you.
21 Whether failing or never trying is scarier to you and why.	22 Times something unplanned or random worked out.	23 Why being 'good enough' is better than being 'perfect'.	24 Research a success story & list the successes and setbacks.	25 What you'd do if you didn't compare yourself to others.	26 Tasks you do that don't need to be perfect.	27 Simple ways to celebrate progress you make.
28 What 'good enough' looks like to you.	29 What you'd say to a friend who is always trying to be perfect.	30 A time you did something spontaneous and why it was good.	1 ♥ ♥	2 ♥ ♥ ♥	3 ♥ ♥	4  Ordinary & Happy