

DONE IS BETTER THAN PERFECT.

UNLEARNING PERFECTIONISM AND STRIVING FOR EXCELLENCE INSTEAD.

In which areas of life or work do you tend to be most perfectionist?

Why do you want to unlearn perfectionism? How does it bother you?

What comes to mind when you think about "perfect" / "perfection"?

What comes to mind when you think about "excellent" / "excellence"?

What would you say is the difference?

How would your life change if you could unlearn perfectionism?

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Which expectations and criticisms do you remember from your early life?

What are the expectations you feel you have to meet in a professional setting?

What are you afraid may happen when you are not perfect?

What could be your anti-perfectionism mantra going forward?

Which three tips or techniques from today's workshop will you try? When?

1)

2)

3)