

OVERCOMING PERFECTIONISM

exercise



DESCRIBE WHAT BEING A PERFECTIONIST IS FOR YOU AND HOW IT IS AFFECTING YOUR LIFE.

WHAT ARE YOU TRYING TO ACCOMPLISH RIGHT NOW?

WHAT HAVE YOU DONE SO FAR?

HOW WOULD YOU RATE YOUR EFFORT ON A SCALE OF 1 TO 100?

WHAT MADE YOU GIVE YOURSELF THAT SCORE? WHY NOT A +10 OR -10 OF THAT SCORE?

WHAT WOULD YOU HAVE TO DO TO EARN A +1? HOW ABOUT A +5, +10, OR +20?

HOW DO YOU FEEL ABOUT THIS EXERCISE?

ARE YOU READY FOR

Your Best Season Yet?

Goal-setting can be quite intimidating especially if you set goals for the entire year so we designed a quarterly planning system to help you keep your grand vision in mind while taking consistent action on your goals productively and purposefully at the same time.

Introducing **Your Best Season Planner™** — a printable planner for action takers with big dreams ready to have their best season yet!

[CLICK HERE TO CHECK IT OUT](#)

