

LEADING SELF SERIES

# PEEPLCOACH TIPSHEET NO: 30

**'Would spending an extra four hours lead to added commercial value? If not, then why do it?'**

**- Brené Brown**

Perfectionism is not just about striving for excellence; it's about setting impossibly high standards and being overly critical of yourself and others when those standards aren't met.

Perfectionism usually comes from a belief that you or your work is not good enough.

To avoid feeling overwhelmed it is recommended that you only challenge one perfectionist behaviour at a time. Trying to change multiple behaviours simultaneously is hard work and most likely will not be effective!

So, the first step is to identify a perfectionist behaviour that you would like to change and put an action plan together. The following tips are designed to help you get started!

## 6 TIPS TO BREAK PERFECTIONIST BEHAVIOURS

### 1. Brain Dump

- What are all the areas you need to be 'perfect' at? Prioritise the important ones that MUST change and deprioritise the ones that are less important.
- Externalising thoughts slows them down. Try discussing with others to gain fresh perspectives.



**PERFECTIONISM  
IN AN IMPERFECT  
WORLD**

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## 2. Identify Your Triggers

You don't need to respond to everything straight away. Take the time to understand the scope of the task and then consider if you want to or should say yes or no.

- Take notice of the times when you're trying to be perfect. When this happens, STOP and ask yourself:
  - Whose standards are you living up to and why are you assuming that they are correct?
  - Who really cares about this being perfect? Probably only you!
- Reflect on past successes to gain perspective.
- Don't rush into action. Pause and assess the importance of this behaviour.

## 3. Set Clear Rules

- Give yourself time limits to complete tasks and stick to completion deadlines, even if you're only 90% done or happy with the work.
- Would spending an extra four hours lead to added commercial value? If not, then why do it?
- Have non-negotiable targets to prevent yourself from overworking.

## 4. Ask for Feedback

- Share your first draft with someone and allow a different perspective to provide you with fresh insight.
- Be open to the feedback – it will give you the opportunity to not be perfect.
- Embrace imperfection by being receptive to constructive criticism.
- Remember that collaboration leads to better outcomes than rigid perfectionism.

## 5. Take Imperfect Action

- What is the cost and benefit to you, your team, others and the business if you take extra time to get something 'perfect'?
- Focus on progress over perfection. It is better to deliver something than nothing.
- Remember, waiting for perfection stalls progress.

## 6. Be Present

- Overthinking is simply creating problems where none exist.
- Ask yourself:
  - What is the evidence derived from your past performance?
  - Who says you are not good enough?
- Fear often stems from false evidence, so practise gratitude and concentrate on making progress in each moment.
- The best way to overcome your overthinking is to focus on the present.

## The BONUS NEXT STEP!

Take Action: Embrace imperfection and prioritise progress over unrealistic standards. Commit to specific changes and deadlines.

Remember Nobody's Perfect!

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