

Perfectionism therapy worksheets for kids

Enlist your goal:

Now set a deadline:

Now see and evaluate if this deadline is achievable: Ask these questions:

1. Is it too much?
2. Do I need to be flexible?
3. Am I setting the bar too high?
4. Is it justified or reasonable?

Also, plan to deal with your grief if you don't meet the deadline or the target.

How will you cope?

Things to do if you don't achieve the target so that it doesn't affect your mental and physical health; it's like making a contingency plan so that your habit of perfectionism doesn't affect you negatively. Remind yourself that

- To err is human.
- You can always improve and do things better the next time.
- My worth is more than my achievements and mere numbers.
- I am enough, and I am perfect in my way.
- I can't make everyone happy.

- I will enjoy the process of achieving things, not the outcomes and the end.
- Nobody can control everything in life
- To err is human.
- Nobody is perfect, and it is okay to make mistakes.