

Perfectionism worksheets pdf: Version 2

- Don't set unrealistic goals; try to be humble and rooted. Don't set
- Learn to say no.
- Practice assertive communication skills.
- Don't be too overambitious.
- Make a practical schedule to get things done.
- You have to learn to let go of control. You can't achieve a hundred percent of the things.
- Don't just set your eyes on the target or the outcome; get to know the process.
- Set deadlines that you can meet. Don't set any target that may affect and challenge your mental health and sanity.
- Always remember, don't compare yourself with others; you are unique in your way. Comparison is an illusion.
- Try to strive for excellence, don't strive for perfection.
- Give yourself some benefit of the doubt, don't be too self critical.
- Take pride in what you do; no work is big or small. It's the efforts that count.
- Learn to forgive and let go. Make things easier for you.
- Take less stress. Perfectionism leads to stress.