



Perfect Enough | Overcome The Fear Of Failure

In this exercise, you will identify areas where you may be perfectionistic, so that you can stop unreasonably high standards and perfectionism from causing your life to be out of balance, and get on the path to overcome the fear of failure.

Are there any areas in your life where you're perfectionistic?

Are there any areas in your life where your standards for yourself are unreasonably high?

Are there any areas where all or nothing thinking is showing up in your life?



How do you feel if a task you've completed isn't "good enough"?

How do you feel if you've made a mistake?

How do you feel if you've said the "wrong" thing?

What is your inner dialogue like towards yourself?



Do you feel “less than” other people or unworthy?

Put an ending on this sentence... If I failed, would that make me feel?

Put an ending on this sentence... If I partially completed a goal that would make me think...

Put an ending on this sentence... And thinking that makes me feel...



What other thoughts could you think if you're feeling less than, or if you haven't achieved a goal you set out to (make sure the thoughts are believable to you so your subconscious mind won't reject them)?

If you thought those thoughts, how might that make you feel?

How can you show yourself more self-compassion?



What could the concept of failure now mean to you instead of the negative connotation it once had?

List ten things that you can do “perfect enough” starting today.

1.

2.

3.

4.

5.

6.

7.



8.

9.

10.

Helpful Affirmations:

I'm safe if I don't always reach my goals.

I'm safe if I only partially achieve my goals.

I'm good enough, pretty enough, smart enough, & expert enough.

I have intrinsic value simply because I exist.

I determine what success means to me.