

Mindset: Progress Over Perfection

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What We'll Cover

1. Perfectionism – What it is and the impact it makes.
2. The difference between perfectionists and high achievers.
3. What progress really looks like.
4. Dealing with failure and learning to fail forwards.

Perfectionism

“A disposition to regard anything short of perfection as unacceptable; especially the setting of unrealistically demanding goals accompanied by a disposition to regard failure to achieve them as unacceptable and a sign of personal worthlessness.”

The Merriam-Webster [Definition](#).

Perfectionism

GOOD

Able to flex between 'perfect' and 'good enough'. A quest for quality, and a motivation to work to high standards whilst also enjoying the process.

HEALTHY HIGH ACHIEVER

BAD

Striving to always be perfect in every aspect. A quest for unattainable goals, with motivation only to avoid failure and an inability to celebrate success.

UNHEALTHY PERFECTIONIST

High Achiever

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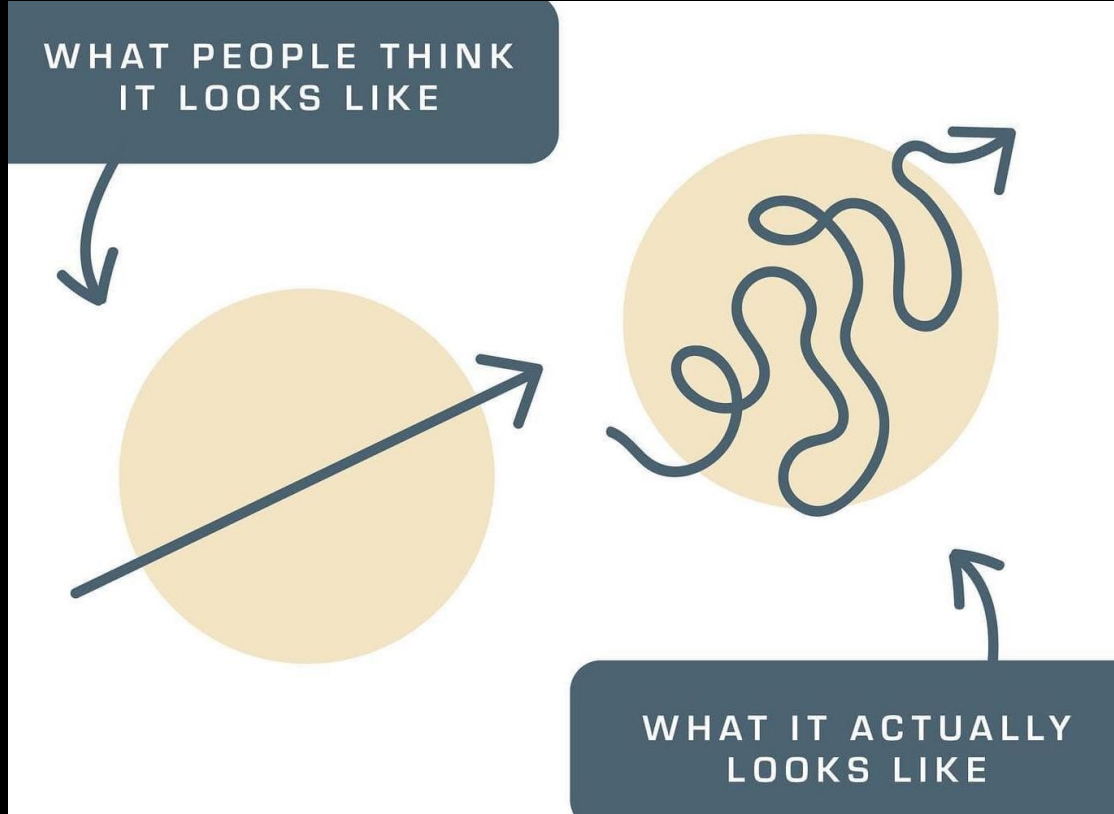
Perfectionist

1. Satisfied with 'good' job
2. Pride in self + supportive of others
3. Pulled by goals
4. High standards
5. Can embrace uncertainty
6. Enjoy the process
7. Bounce-back-ability
8. Proactive
9. Open to criticism
10. Healthy self-esteem

Either perfect or ruined
Critical of self and others
Pushed by fear of failure
Unrealistic standards
Need to feel in control
Results only
Wallow in negativity
Procrastinate
Defensive
Low self-esteem

Progress

The Straight Line Myth



Progress

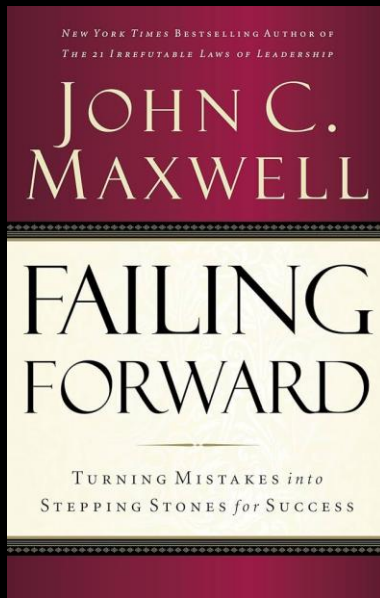
The Straight Line Myth

“Progress is not always linear. It takes constant course correcting and often a lot of zigzagging. Unfortunate things happen, accidents occur, and setbacks are usually painful, but that does not mean we quit.”

Buzz Aldrin

Failing Forwards

Using failure (imperfections) as a stepping stone to success.



“The essence of man is imperfection. Know that you're going to make mistakes. The fellow who never makes a mistake takes his orders from one who does. Wake up and realize this: Failure is simply a price we pay to achieve success.”

Progress Over Perfection

CELEBRATE SMALL WINS

Every step forward, no matter how small is part of your progress.

FAIL FORWARDS

Embrace setbacks as learning opportunities and stepping stones to develop.

FLOW LIKE A RIVER

Remember progress is a winding process, and doubling-back is still progress.

ENJOY THE JOURNEY

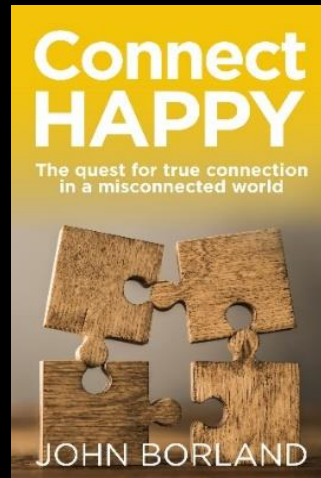
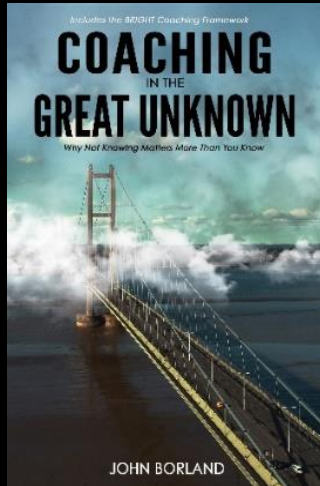
Focus on and embrace the process, not just the outcome and end goal.

JUST DO IT

Don't wait around to feel motivated, do it anyway.

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