

Achieve your goals through a positive approach to perfectionism

June 2020 Online Workshop

SELF-ORIENTED PERFECTIONISTS: CHARACTERISTICS

- Exceedingly high personal standards
- Highly self-critical
- Difficulty tolerating uncertainty
- Excessive self-doubt
- Indecisive
- Expect (themselves) to be perfect

Reference: Sirosis, F. M., & Molnar, D. S. (Eds.). (2016). Perfectionism, health, and well-being. Springer International Publishing.

STOP, START, CONTINUE*

Identify a goal you're working on right now. Be specific and narrow it down.

Reflect on why meeting this goal is important to you. What are the positive implications of meeting this goal?

Write down at least one thing you need to stop, start, and continue doing to meet your goal.

STOP

START

CONTINUE

Pick one of the above (stop, start, continue) and write 2 or more ways you use your strengths to help you.

WHAT WORKED? WHAT DIDN'T WORK? WHAT WOULD I DO DIFFERENTLY?

Think of 1 or more concrete actions you took recently as you worked towards a goal. Reflect on:

What worked?

What didn't work?

What would I do differently?

How might you use your strengths (one or more) to help you do something differently?

WORKSHOP TAKE-AWAY

Select a specific goal you are working on. How can you apply something (an insight, a strategy, other) from today's session to help you get closer to achieving this goal?

POST WORKSHOP RESOURCES

Join my monthly newsletter to receive actionable advice and resources for greater career joy and personal happiness. **Subscribe here: [isabeauiqbal.com/subscribe](https://www.isabeauiqbal.com/subscribe)**

Three types of perfectionism. Which group(s) do you fall into? This post provides a brief description of self-oriented perfectionism, other-oriented perfectionism, and socially prescribed perfectionism.

<https://www.isabeauiqbal.com/three-types-of-perfectionism-which-groups-do-you-fall-into/>

***Stop, start, continue worksheet:** Download it here: <https://www.isabeauiqbal.com/worksheet-for-perfectionists-stop-start-continue/>



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