



PERFECTIONISM 101



WANT TO OVERCOME PERFECTIONISM? CHANGE YOUR RELATIONSHIP WITH FAILURE.

What if failure is a good thing? What if it can be used to change your life?



EXPERIMENT

Create a smaller version of your project. Set it up so that you will see results quickly. Writing copy for a website? Try writing a single paragraph, and find a friend to look at it.

CELEBRATE

Celebrate every time - especially failures. Run into a roadblock? Celebrate finding that blind spot! You now have the power to find a way around it. Make a mistake? Fix it and be grateful for a chance to improve.



EXPLORE

What could be done better? If you have a tendency to be hard on yourself, get a buddy! Objective people are best. Find what could be done differently, then try another experiment.



**SENSEI SAYS: IF YOU REALLY WANT TO IMPROVE YOUR PRODUCTIVITY,
FAIL HARDER.**



FOR MORE ABOUT PRODUCTIVITY, JOIN US IN THE DOJO!

