#EVERYDAYMATTERS

The Pursuit of perfection
TAKES A TOLL ON YOUR HEALTH

Perfectionism is a personality trait. It's characterised by the pursuit of flawlessness and the setting of excessively high performance standards. Whilst perfectionists tend to have higher levels of motivation and conscientiousness, they are also more prone to stress and anxiety.

If this sounds like you...

- There is no room for error or mistakes
- It's all or nothing! You do everything well, or nothing at all
- It's all about the end-result
- You are extremely hard on yourself

And you're guilty of...

- Negative self-talk (#!&%!)
- Self-blame
- Self-neglect



It's time to take a step back and assess the role of perfectionism in your life. Continuously aiming for the unattainable and taking perfectionism to the extreme, takes a toll on your wellbeing – and can lead to burnout and depression.



To learn more, check out the book:

How to be an Imperfectionist, -Stephen Guise.

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