

OBJECTIVE -

To approach one of your goals within the perspective of the imperfect best framework, empowering you to proactively capitalize on the imperfections you may encounter on the way to realizing your goal.

1. List three goals you want to do your Imperfect Best to achieve in the next year:

One. _____

Two. _____

Three. _____

2. Choose the goal which would mean the most to you to achieve:

One. Two. Three.

3. Consider that goal for a minute, is your perfectionist voice already trying to dissuade you from completing it? What are some of the things it's saying?

4. How can you offer those perfectionist thoughts compassion right now and over the next year?

5. Acknowledge that your perfectionist thoughts exist. Now, list three small steps that you can do your Imperfect Best to take toward your goal. Pay attention to which feels more real as you write these, the thoughts or the steps?

One. _____

Two. _____

Three. _____