

My Plan to Overcome Perfectionism

because I want to be free from unnecessary rules I create myself; find the fun in imperfection AND...

BEHAVIOUR TO CHANGE:

GOAL:

STEPS TO TAKE TO MEET THE GOAL:

- a)
- b)
- c)
- d)
- e)
- f)
- g)
- h)
- i)

IF I FAIL, THIS IS WHAT I'LL DO: