

Perfect Imperfection

Perfectionism occurs when our natural 'attention to detail' is taken to an extreme, usually because of an underlying fear of rejection or losing control.

Perfectionism can be very damaging, as it can lead to procrastination, low productivity, anxiety and low self-esteem, which can raise stress levels and blood pressure.

The perfect imperfection task lets you take back control so that unhealthy perfectionism can go back to being healthy 'attention to detail'.

What to do...

Act as if you were *perfectly imperfect* and make a deliberate mistake every day...

... but make sure it's something 'safe'.

For example, you could:

- Hide a deliberate spelling or grammatical mistake in a report or presentation
- Wear odd socks
- Mis-pronounce something in conversation (e.g. a place or person's name)
- Mis-dial a phone number
- Include an extra blank page in a report
- Accept that "it's done" after the first check and everything else is a deliberate mistake

Notes...

- Some people like to do this task secretly and try to make deliberate mistakes that only they will notice, however, it can sometimes be really helpful to tell others you are beating your perfectionist tendencies and make a 'spot the deliberate mistake' game of it...
- Did you spot our deliberate mistake?

