

# HOW TO STOP STRIVING FOR PERFECTION

## **Gain An Understanding**

If your striving tends to leave you feeling empty or as if nothing you do will ever be good enough you might be a perfectionist. It looks different for all people.

## **Accept Your Tendency Towards It**

One must recognize they have a problem to illicit change. If you are not sure if you have a problem; be brave and ask the ones around you if they see it.

## **Do The Opposite of Perfect**

Instead of reaching for perfect- do the exact opposite. If you think china is necessary for an elegant dinner; try paper plates.

## **Take A Chance**

Start something you have always wanted to try but wouldn't because you were afraid to fail.

## **Practice Gratitude**

Start a gratitude journal where you focus on what you have to be thankful for instead of what you did wrong.

## **Love Yourself As You Are**

Learn how to value yourself by practicing self-validation. Do not rely on the outside world to determine your worth.

## **Seek Gods Voice**

Be sure you are spending time listening to God's voice first. He has already deemed you worthy just as you are. He loves you.

## **Choose to Stop Striving For Perfection**

Commit to finding little tricks or ways to stop yourself before you launch into reaching for perfection. **Let Good Enough - Be Enough**