

# HOW TO STOP STRIVING FOR PERFECTION

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## **Gain an Understanding**

Learn about perfectionism. It looks different for all people. Look for clues like feeling empty or as if nothing you do will ever be quite good enough.

## **Accept Your Struggle**

One must first recognize they have a problem to elicit change. If you are not sure, be brave and ask those around you for a little input.

## **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 focusing on what you have to be thankful for instead of what isn't perfect.

## **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 God's Voice**

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

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**Let Good Enough - Be Enough**