

# PERFECTIONISM & SELF-LOVE

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## WHAT IS PERFECTIONISM?

Perfectionism is the tendency to have **high expectations of oneself, others, and life**. These are **unrealistic**. This sets one up for **failure**. If anything falls short, **disappointment** follows.

It is also a concern with small things that **aren't true**. These people often find that if they made a mistake or their efforts/accomplishments are not perfect, then they're not good enough. They tend to **focus on what's wrong**, rather than seeing the positive.

## WHAT DOES PERFECTIONISM LOOK LIKE?

- **LOW SELF-ESTEEM**
- **LIVING WITH A CRITIC IN YOUR HEAD**
- **PUTTING IN MORE EFFORT THAN NECESSARY**
- **CHRONIC STRESS**
- **BURNOUT**
- **CHRONIC PUSH FROM A PLACE OF SHAME OR FEAR**
- **FEELINGS OF UNWORTHINESS**
- **ANXIETY**

## TIPS FOR SELF-LOVE AS YOU OVERCOME PERFECTIONISM:

1. **ACCEPT THAT YOU ARE ENOUGH** when thoughts of unworthiness arise, Hold your hand over your heart and repeat the words, "I am enough".
2. **STOP MAGNIFYING THE IMPORTANCE OF SMALL ERRORS. YOU WILL MAKE MISTAKES.** We all have the pain of struggling and making mistakes. Focus on the positive things that you've done rather than the mistakes.
3. **WORK ON REALISTIC GOALS.** Challenge expectations that are too big or make you feel like you're never enough.
4. **CULTIVATE MORE PLEASURE** and more recreational activities. Find some time for fun!
5. **WATCH OUT FOR CONTROL.** Get comfortable with the ambiguity.
6. **LEARN TO DEAL WITH CRITICISM.** Other people's opinions about you are not fact. Feedback is simply feedback.
7. **LEARN TO LET GO.** Cultivate a sense of spirituality and trust the process of life.

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