**~ Perfection Inspection ~ Worksheet - July 2018**

*Hey Sugarsugar!*

*Quick quiz for your worksheet this month - perfect preparation for our tutorial. See if you have a perfectionist streak below:*

**Do people tell you, you are “hard on yourself?”**

❑NO ❑SOMETIMES ❑YES

**Do you agonise over making decisions?**

❑NO ❑SOMETIMES ❑YES

**Big decisions?**

❑NO ❑SOMETIMES ❑YES

**Small decisions?**

❑NO ❑SOMETIMES ❑YES

**Are you are “pretty black and white”?**

❑NO ❑SOMETIMES ❑YES

**Do you tend to think and act in extremes. eg. *“I had one biscuit, I’ve screwed my diet…I might as well have the whole damn packet!”***

❑NO ❑SOMETIMES ❑YES

**You don’t quote trust others to do it properly when you delegate.**

❑NO ❑SOMETIMES ❑YES

**You use the world “should” a lot.**

❑NO ❑SOMETIMES ❑YES

**Your self-confidence is very dependent on what you accomplish and how others react to you.**

❑NO ❑SOMETIMES ❑YES

**You can get fixated on something you messed-up.**

❑NO ❑SOMETIMES ❑YES

**You procrastinate, or quit, or don’t start, because you might not get it done perfectly.**

❑NO ❑SOMETIMES ❑YES

**You are much more about the result than how you get to it. Ticking it off is more important than enjoying the journey.**

❑NO ❑SOMETIMES ❑YES

**You have a fear of failure.**

❑NO ❑SOMETIMES ❑YES

*Good work! The more yes and sometimes answers the more of a perfectionist streak you have. Go dive into this months tutorial for your tools, and I’ll see you there!*

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