

**~ Ditch Perfect ~ Worksheet - November 2022**

Your worksheet is a super simple way to take a snapshot of where you are at before you dive into the tutorial. This one will only take you a couple of minutes: great prep for the tutorial!

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**Where do you know you expect A LOT (maybe an unreasonable amount?) from yourself?**

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**Where do you know you expect A LOT (maybe an unreasonable amount?) from others?**

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**Where or when do you worry about what other people are thinking of you? Where do you feel you should present a more perfect picture of yourself?**

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**Do people ever say you are “hard on yourself”?**

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**Do certain people or situations bring out the perfectionist in you?**

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**What are your proudest achievements? What do you make them mean about you?**

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**What are your biggest failures? What do you make them mean about you?**

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**Do you tend to think and act in extremes? eg. *“I had one biscuit…I might as well have the whole damn packet!”.* When?**

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**When do you use the world “should” a lot?**

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**Do you sometimes get fixated on something you messed-up. When? How does that incident feel now you can see it with the perspective of hindsight?**

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**Do you ever procrastinate or not start something, because you might not get it done perfectly?**

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**Do you let yourself make mistakes? Do you put yourself in situations where that’s a possible outcome?**

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Mmmmmmm…much food for thought! Well done on these thought-starters, go dive into the tutorial for your principles and tools!

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