



How to Break the Perfectionist Mindset Workbook

The catalyst to overcoming Perfectionism

**EMPOWERED
TO GREATNESS**

719.661.3435

www.Empowered2Greatness.com

Tashina@Empowered2Greatness.com

Your Origins of Perfectionism



How did you see the women in your family strive for perfection and why did they?

What expectations were placed on your mother, grandmothers, aunts, sisters and yourself?

Who placed these expectations?

When they didn't meet those expectations, what happened?

How were they treated by others and how did they treat themselves when they didn't meet the standards, expectations, perfection?

Did anything in this section surprise you or provide an "A-Ha"?

Your Origins of Perfectionism



What did/does society expect of women?

How has social media impacted your internal drive to maintain perfection?

How do you witness society treat people when "perfection" isn't met or maintained?

What concerns, fears, stressors does this create within yourself if you don't meet and maintain "perfection"?

Did anything in this section surprise you or provide an "A-Ha"?

Your Origins of Perfectionism



What messaging/picture was painted from your religion and/or society of what was/is expected of you?

If you didn't meet these expectations, what happened?

How has it manifested in your life?



Write down the main ways in which all of these imprints and messages have impacted your life, leading you to constantly strive for perfectionism.

Family

A.

B.

C.

Society

A.

B.

C.

Culture/Religion

A.

B.

C.

What is it costing you to live this way?

Your True Motivation of Perfectionism



Area of life you feel you
have to be perfect in? _____

How Perfection shows up:

Layer 1

Layer 2

Layer 3+

Your motivation to be perfect:

Who is placing the pressure or expectation of being perfect?

What is the underlying block driving the perfectionist habit?

What is (are) the foundational belief(s) needing to be updated?

Creating your Action Plan

In the boxes surrounding your name, fill them in with the areas of your life where you feel pressured to be perfect!!

	Your Name	

Now choose the 1 area of life you feel the most pressured in, this is going to be your priority!! Write down at least 3 new beliefs you need to "install on your hard drive" to start breaking your perfectionist mindset.

	Priority Area	

The reality is this is a lot of work, the majority of it being subconscious. Often times, because it is subconscious, we can't always identify and breakdown how to shift it.

So how do we turn these new realizations into strong behaviors and habits that actually shift you free from perfectionism?

These things have to be done in a process, so I have taken the time to create a great program that can continue with your next steps. Many of my clients have used these methods to move the needle in overcoming their perfectionist habits.



To support you in your continued growth, [click here to receive \\$20 off](#), plus receive a **BONUS 1:1 coaching call with me. A \$179 value for only \$27**

Take Your Next Step with

"5 Methods To Bust Through Perfectionism In Your Life"

**EMPOWERED
TO GREATNESS**

719.661.3435

www.Empowered2Greatness.com

Tashina@Empowered2Greatness.com

NEED SUPPORT?



WORKSHOPS / PRESENTATIONS



ONLINE DEVELOPMENT



1-TO-1 COACHING

**EMPOWERED
TO GREATNESS**

719.661.3435

www.Empowered2Greatness.com

Tashina@Empowered2Greatness.com