

Excellence “Personal best” Works for me	Fine line between perfectionism & excellence	Perfectionism “The Ideal” Works against me
Realistic: “It is...”	Outlook:	Idealistic: “It should be...”
The possible- accepts the possible	Striving For:	The impossible- desires the perfect
I want... I wish... I would like...	Self-Talk:	I must... I should... I ought to...
A request or desire	Self-Talk is stated as:	Always a demand
Striving for positive Desire for success	Motivation:	Avoidance of negative Fear of failure
Process	Focus on:	Product
Free...in pursuit of excellence	Position is:	Slave...in prison of perfectionism
Best of Self	Expects:	Best in comparison to everyone else
Challenge that is welcomed	Life is viewed as:	Curse that is dreaded
Accomplishment Acceptance Fulfillment Success	Results:	Disappointment Condemnation Frustration Failure
Reality- real world	Live in:	Fantasy- unreal world
THE TRUTH: People and things do <i>not</i>	Bottom line:	A LIE: People and things have the ability

Source: Unknown

have the ability to be perfect

to be perfect