

## EXCELLENCE VERSUS PERFECTIONISM

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| <b>EXCELLENCE</b><br>Works for me<br>"Genuine Striving" - personal best  | <b>PERFECTIONISM</b><br>Works against me<br>Striving for the "Ideal"   |
| OUTLOOK  |  |
| Realistic: "It is . . ."   | Idealistic: "It should be. . ."  |
| STRIVING FOR   |  |
| The possible; accepts the possible   | The impossible; desires the perfect  |
| SELF-TALK IS   |  |
| I want. . .<br>I wish. . .<br>I would like. . .  | I must. . .<br>I should. . .<br>I ought to. . .  |
| STATED AS  |  |
| A request or a desire  | Always a demand  |
| MOTIVATION   |  |
| Striving for positive<br>Desire for success  | Avoidance of negative<br>Fear of failure   |
| FOCUS ON   |  |
| Process  | Product  |
| POSITION IS  |  |
| Free. . .in pursuit of excellence  | Slave. . .in prison of perfectionism   |
| EXPECTS  |  |
| Best of self   | Best in comparison to everyone else  |
| LIFE VIEWED AS   |  |
| Challenge that is welcomed   | Curse that is dreaded  |
| RESULTS  |  |
| 1. Accomplishment<br>2. Acceptance<br>3. Fulfillment<br>4. Success   | 1. Disappointment<br>2. Condemnation<br>3. Frustration<br>4. Failure   |
| LIVE IN  |  |
| Reality<br>Real World: World as it is  | Fantasy<br>Unreal World: World as I would have it  |
| BOTTOM LINE  |  |
| THE TRUTH: People and things do not have the ability to be perfect therefore I can allow people to grow and change. I can accept people and things as they are and work within those confines. | A LIE: People and things have the ability to be perfect. therefore I demand that people and things be perfect. |