

## Perfectionist Mind-set Chart

Here is a mind-set chart that will help you turn your own perfectionist mind-set into a more expansive way of thinking.

On the left hand side are examples of *I must not make a mistake* mind-sets. Rate how much you currently believe each one. The column on the right contains some examples of expansive mind-sets you can cultivate instead. Rate how much you believe in those. Remember that the two columns do not have to equal 100%.

Reviewing and documenting these contrasting mind-sets will greatly aid you when you find yourself in situations that trigger anxiety for the perfectionist.

BEYOND PERFECT			
Monkey Mind-set	How Much I Believe It 0–100%	Expansive Mind-set	How Much I Believe It 0–100%
Mistakes, judgments, and criticism are a sign that I am not good enough, am less than, or have failed.		Mistakes, judgments, and criticism are signs that I have taken a risk, and are an opportunities for growth.	
I only feel good about myself if I have done something well (conditional self-acceptance).		I know I will do some things well and other things poorly, and neither reflects my worth as a person (unconditional self-acceptance).	
I am motivated by my fear of failure.		I am motivated by excellence, creativity, and purpose.	
Being imperfect and fallible is a sign of inferiority.		Being imperfect and fallible is part of being human.	
If others are better than I am at something, it means I am not good enough.		It is more important to do my personal best than measure myself against others' accomplishments.	