

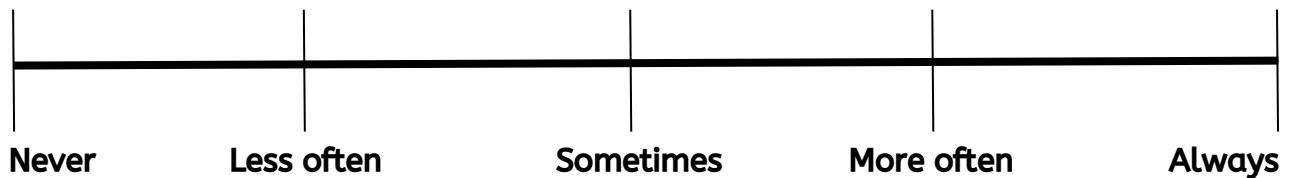


ART OF COACHING PODCAST™ EPISODE 259 UNDERSTANDING AND OVERCOMING PERFECTIONISM

Perfectionism can be defined as...

- The refusal to accept any standard short of perfection (Oxford)
- A personality disposition characterized by striving for flawlessness and setting exceedingly high standards of performance accompanied by overly critical self-evaluations and the belief that others expect perfection (Encyclopedia of Personality and Individual Differences)
- The setting of unrealistic, self-imposed standards and the tendency

Where do you fall on the perfectionism scale?



"Perfection may be spelled paralysis." - *Winston Churchill* Describe the last time you felt paralyzed because you didn't feel your work was good enough. How did perfectionism manifest in your words, thoughts, and actions?

In this situation, which characteristics of the 5 Factor Model of Personality did you skew most toward, and how does that differ from your norm? (Openness - Conscientiousness - Extraversion - Agreeableness - Neuroticism)



One of the key differentiators between perfectionism and healthy striving is where you place your sense of self-worth. In this situation, was the root cause of your perfectionistic behavior a matter of you placing your self-worth in your work? If not, what was the root cause?

Describe a situation where you put work out into the world that you didn't feel was good enough, but it ended up working out anyways. If you could, would you change what you put out?

One great way to manage perfectionistic tendencies is to get around different high-level people. List three people you can run your work by that will give you candid, consistent, and trustworthy feedback.



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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