

## Goal Setting to Manage Perfectionism

Goal setting can help you define the problem you wish to overcome, the general goals you would like to set, and the tasks involved in reaching them.

Use the following table to capture what you would like to change and the goals you can set to complete the challenge.

Complete the following table with as many problems as you would like to address.

Consider the existing examples below and create your own as you think of them:

Where is perfectionism causing me a problem?	What general goal would I like to set?	What specific goals or tasks do I need to reach?
How I look.	Be less perfectionistic about my appearance.	Not check my weight daily. Be ok with missing an exercise class. Learn to get ready more quickly.
Too focused on detail at work.	Produce a high standard of work yet not miss deadlines.	Recognize what good looks like. Share my work with others rather than being concerned they will mess it up.
Become more tolerant of others.		
Be less concerned about being judged by others.		

Where is perfectionism causing me a problem?	What general goal would I like to set?	What specific goals or tasks do I need to reach?

It's helpful to re-write the list regularly in priority order and remove those items you feel you have addressed. Let this become a work list of the changes you would like to make to ensure your perfectionist tendencies are managed and do not get in the way of living your life.