

7 Ways to Overcome Perfectionism

Accelerating Excellence with Del Gilbert
Podcast Episode #79 - Resource Guide

Done is Better Than Perfect

3 DANGERS OF PERFECTIONISM

1. NOT STARTING SOMETHING AT ALL.

Start before you are ready.

2. TASKS AND PROJECTS TAKE WAY LONGER THAN THEY NEED TO.

Aim for **Prolific Quality Output**

3. OTHERS DON'T GET TO BENEFIT FROM YOUR WORK.

The primary purpose of your work (your efforts and talents) is to help others.

7 WAYS TO OVERCOME PERFECTIONISM

1. JUST DO IT.

The best way to learn something is by doing it.

2. SET DEADLINES.

Deadlines create a sense of urgency. Deadlines force you to bring your work to an end.

3. VIEW YOURSELF AS A WORK IN PROGRESS

View everything in life as practice. Progress, not perfection, is the key to success.

4. PRACTICE SITUATIONAL AWARENESS

Different situations require different standards. Who is the project for? How many people will see it? How big of an issue is it?

5. GIVE YOURSELF A REASON TO MOVE ON

Think about how it will feel when you bring the task or project to completion.

6. BECOME COMFORTABLE WITH UNCERTAINTY

It doesn't have to be all figured out at the outset. You can learn as you go.

7. UNDERSTAND THE LAW OF DIMINISHING RETURNS

Don't spend 80% of your time on the last 20% of something.

"Better to do something imperfectly than to do nothing flawlessly."

-Robert Schuller
