



Stop Chasing Perfect—It's a Trap



Start messy. Stay moving.

Let's Get Real

Perfection isn't helping you—it's holding you hostage.

What does your "perfectionist voice" usually say?

Not good enough!



Where have you seen this show up in your life recently?

Reality Check

Think of a time you quit or avoided something because it wasn't "perfect."

- ☐ Procrastination
- ☐ Shame spirals
- ☐ Anxiety or depression
- ☐ Giving up too soon

Where have you seen this show up in your life recently?

What did it cost you?



DARE: Enter the Museum of Mess

1. Your "Exhibit"

What is it?

Give it a ridiculous title:



2. The Raw Truth (No Filter)

Describe it honestly:

3. Your Inner Critic

What does your perfectionist brain say?

4! Reframe the Narrative

Finish these:

Messy action I'm willing to take next:

One thing I will NOT wait to be perfect for:

The Bottom Line

Perfection keeps you stuck.
Messy action, moves you forward.

That's brave!

- ☐ Start messy
- ☐ Keep going anyway
- ☐ Let it be imperfect
- ☐ Show up as I am

