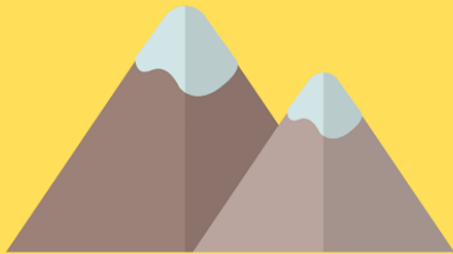


Progress over perfection

Perfectionism is more about fear of failure than having high standards. Remind yourself failure is an inevitable part of life and learning. **How you respond to failure** is what's most important.



TOOL: Whenever you catch yourself or your student thinking perfectionistic thoughts, replace them with self-empowering **progress thoughts**. Ask others to alert you when you voice perfection thoughts.

Perfection Thoughts

If I can't do it right the first time, I shouldn't do it at all.

Failure is not an option.
Failure is a sign of weakness.

If I can't be as good as they are, then why even try?

I can't handle another disappointment or mistake.

This is beyond my skill level. I can't do this well, so I should quit.

Why is this so difficult? I'll cut some corners to get the results I want.

Progress Thoughts

Learning to do something new takes time. I don't have to do it perfectly the first time.

Failure happens to everyone.
Learning from failure is the key.

I'm not competing with anyone. I appreciate what I have and what I can do.

Disappointments are a part of life. I'll keep things in perspective & try my best.

This is a new challenge. I will grow as I struggle through this.

Great things take hard work and dedication. It will be messy, but I'm ready.