

## Session 2 | Episode 2

# Self-Management: Perfectionism

For an HSP especially, taming the need to be perfect relies on self-acceptance, compassion, and building a growth-mindset. It's time to step down from the hamster wheel by learning how to trust yourself.

Here are three exercises to help you tame perfectionism as an HSP.

### Exercise 1: Purposely make mistakes

To get more comfortable with making mistakes, start small.

Make the wrong turn while driving, add the wrong ingredient to a recipe, type up a draft without proofing your work as you go. The goal is to build your tolerance around making mistakes, so you'll be prepared to respond when you do make a critical oops.

### Exercise 2: Push send!

If you're the type that reads an email over and over again before sending, this exercise is for you. Before you write an important email, set a timer for however long you think you will need. Once the timer is up, push send no matter what.

### Exercise 3: Achieve excellence > perfectionism

Define success and check in with your intentions. Are your goals set by the expectations of others or yourself? If it's for others, reevaluate. If it's for yourself, check that your goal is realistic.

From there, switch your intention from producing perfection to achieving excellence. This shift is powerful because you're allowing roadblocks, missed turns, and setbacks to happen along the way. When you shoot for excellence over perfectionism, you'll get much further.