



For each concept listed on the left of the table, consider how perfectionism may hinder it and think what might be a better approach? The first is done as an example.

	<b>How?</b>	<b>Better Approach?</b>
<b>Action</b>	<i>I keep putting off a task as I am afraid I may not do it perfectly.</i>	<i>Try the task, it may turn out fine and be good enough for what is needed.</i>
<b>Progress</b>		
<b>Good</b>		
<b>Creativity</b>		
<b>Success</b>		