

HOW IS PERFECTIONISM IMPACTING YOUR LIFE?

Perfectionistic patterns drain your mental and physical energy, can lead to rigid styles of thinking, and ultimately can negatively impact how you work, your relationships, your home life, and more. Therefore, it's important to assess how perfectionism is impacting your life.

INSTRUCTIONS: Complete the table below – you may wish to use a separate sheet.

AREA OF LIFE	EXAMPLES	INTENSITY (1-10)
Relationship with my significant other		
Relationship with my kids		
Relationship with other family members		
Ability to meet deadlines at work		
Work relationships		
Health		
School		
Ability to relax and rejuvenate		
Achieving important goals		
Happiness		
Relationships with yourself (are you ever too hard on yourself)		
Ability to delegate		
Other		