



Done is Better Than Perfect

"Why am I stalling?"

1. What is the self-talk behind your need to be perfect before taking action?

A large, empty light gray rectangular box intended for writing the answer to question 1.

2. What are the signs that you're stalling?

A large, empty light gray rectangular box intended for writing the answer to question 2.



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"Why do I self-sabotage?"

3. What are the signs that you're "just getting it out there"?

A large, empty light gray rectangular box intended for the user to write their response to question 3.

4. What is the self-talk when you're in this state of mind?

A large, empty light gray rectangular box intended for the user to write their response to question 4.



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"Where's the fear?"

5. What are the fears popping up with you get stuck in perfection or self-sabotage?

6. Who are you comparing yourself to?

"Comparison is the thief of joy"



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Get real about the Impostor Syndrome

7. Where do you feel like a fraud?

8. What is the self-talk around feeling like a fraud or impostor?



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Let's change the story!

9. What's the truth?

10. What helps you get unstuck or rise up to the challenge?



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New Story!

11. What affirmation will help you get back into aligned action?

12. Mini action plan to ditch perfection and be BRILLIANT!

Step 1: I know I'm stuck in perfection or self-sabotage when:

Step 2: I recognize the lie that:

Step 3: The truth of my new story is:

Step 4: The first 3 things I need to do to get into aligned action are:

Step 5: I do the thing and feel freaking amazing about it!