

# The Pursuit of Perfect

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A discussion guide for the Simple Scrapper Book Club.

QUOTE // “The word appreciate has two meanings. The first meaning is “to be thankful,” the opposite of taking something for granted. The second meaning is “to increase in value” (as money appreciates in the bank). Combined, these two meanings point to a truth that has been proved repeatedly in research on gratitude: when we appreciate the good in our lives, the good grows and we have more of it.”

QUESTION // Q1. What can you appreciate right now?

Here’s an outline of how the author defines a Perfectionist vs. an Optimalist: <https://tinyurl.com/yxsxttub>

QUESTION // Q2. Are there particular areas in your life where you tend to be an Optimalist? Are there areas in which you are more of a Perfectionist?

QUOTE // For the Perfectionist, achieving his goal is the only thing that matters. The process of getting there—the journey—is meaningless to him. He views the journey as simply a series of obstacles that have to be negotiated in order to get to wherever it is that he wants to be. In this sense, the Perfectionist’s life is a rat race. He is unable to enjoy the here and now because he is completely engrossed in his obsession with the next promotion, the next prize, the next milestone—which he believes will make him happy.

QUESTION // Q3. Do you enjoy the journey of scrapbooking as much as the finished result?

QUOTE // “We can only learn to deal with failure by actually experiencing failure, by living through it. The earlier we face difficulties and drawbacks, the better prepared we are to deal with the inevitable obstacles along our path.”

QUESTION // Q4. Think of a challenge that you took on in scrapbooking. What did you learn, and in what ways did you grow from the experience?

QUOTE // “The comfortable relationship that Optimalists have with failure makes them

more willing to experiment and to take risks and makes them more open to feedback.”

QUESTION // Q5. Do you share your layouts online? Do you value receiving constructive criticism?

QUOTE // “The all-or-nothing approach—the idea that work that is not done perfectly is not worth doing at all—leads to procrastination and, more generally, to inefficient use of time.”

QUESTION // Q6. Do you procrastinate? If so, do you think perfectionism is a reason behind it? Can you think of an examples?

QUOTE // “We can make better use of our time by investing our efforts in the 20 percent that will get us 80 percent of the results we want to achieve.”

QUESTION // Q7. How can you apply the Pareto Principle to scrapbooking?

QUOTE // “Students who on four consecutive days spent twenty minutes writing about difficult experiences were ultimately happier and physically healthier.”

QUESTION // Q8. What role does journaling play in your life and your hobby? Is it practical or therapeutic?

QUOTE // The reality that the Perfectionist expects (and therefore creates for himself) is of a Sisyphean battle, a futile struggle. By contrast, the Optimalist’s life is an Odyssean epic, a purposeful adventure.

QUESTION // Q9. How has your relationship with perfectionism changed over the years?

QUOTE // “In contrast to the Perfectionist’s narrow view of reality—looking to maximize time spent in each area of life while ignoring the inevitability of trade-offs—the Optimalist looks for the good-enough solution, which is about optimizing the different components of the system. The good-enough approach forgoes unrealistic expectations of perfection and instead opts for the best possible life.”

QUESTION // Q10. What is one change you can make in scrapbooking towards a hobby that’s “good enough?”

