

PRACTICE

The (Good) Perfectionist Blueprint



*What are some things that you have been holding back on doing because you are waiting for “perfect” conditions?*

It could be going to bed earlier, drinking more water during the day, or doing the whole practice as it is supposed to be done.

Write out a few examples of where you are stalling because of perfectionitis.

A series of horizontal lines for writing, consisting of 20 lines.