




FIELD GUIDE

FOR

RECOVERING PERFECTIONISTS



**ANCHOR.
SHIFT.
DETOUR.
...ditch
the path of
perfectionism
for good**

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Dawn Kotzer

**Special
offer
inside**



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PERFECTIONISM

What is it?

The Merriam Webster Dictionary defines perfectionism as –
a disposition to regard anything short of perfection as unacceptable.

Perfectionism is not the same as excellence. Where excellence is fostered by a growth mindset, perfectionism is tethered to the fixed mindset. Excellence is a level of high standard that recognizes the time, practice, mistakes and imperfections necessary to achieve mastery. Excellence is forgiving and understands that we mortals take time to develop our chops. :)

Perfectionism is not that forgiving, It can have a harsh, critical edge and usually ties self esteem/ self worth to performance and success. Mistakes and failures are *unacceptable*.

Ugh.

Perfectionism goes deep. It creates a cycle of reactions that trap us in an endless loop of harsh self-talk and unkind self-judgement.

And the soundtrack for this loop?

Introducing the **ibssc**: yep, the *Itty Bitty Shitty Should Choir* conducted by none other than our soul-song tone-deaf Inner Critic.

But wait. You can step out of this doom chamber of perfection paralysis and crappy self talk.

My small *Field Guide for Recovering Perfectionists* contains proven, doable tips and tools to help you ditch the path of perfectionism and step into the Be Real—Find Freedom landscape instead.

Curious to know more?

Yay! You've just taken the first step on the perfectionism no-more path.

Are you a perfectionist?

Do you—

Have just a teeny fear of failure?

Ha! You mean Sasquatch teeny?

Fear making mistakes?

Damn straight. People only to get see my stuff once it's... ah, perfect :/

Fear Disapproval of others?

If you see my flaws, I know you'll run.

Have All or Nothing thinking?

If I can't do it right, I don't do it at all.

Hang out with the *ibssc*?

I'm the itty bitty shitty should choir #1 fan

Would you like to—

Let go of feeling you must not fail?

Yes. The pressure is exhausting.

Cut yourself some slack and set realistic expectations?

Yep, I'm so tired of beating myself up.

Finally embrace that you are enough? *I am ENOUGH.*

***DARE to try things, even if you might suck?* YES. I want to play more.**

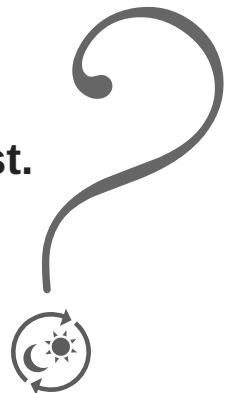
Give yourself some credit?

Yep... stop should-ing on myself.

Are you a Recovering Perfectionist?

If anything you've read has you nodding your head, saying "yes, that's me!" then you are indeed a **recovering perfectionist**. It all starts with *awareness*.

If you recognize yourself in the 2 columns above, you've already started to loosen up, let go and ditch the perfectionist path.



Still curious? Want a few tips and tools to lighten the load and brighten the your road ahead? Read on.



ANCHOR

Root yourself in reality and truth.

Move toward peace. Cut the b.s.

Feel the JoY instead.

1 word, 1 phrase at a time.

Derived from personal experience,
anchors resonate at a deeper level than
affirmations, quotes or words of others.

How can a word or phrase help us
ditch the perfectionist path?

**Simply put, they help anchor us to
our own truth.** Internal Anchors
replace and erase the negative
thought loops we've been using to fuel
our fears and disappointments and
offer a new way to speak to ourselves
with kindness, support and a be real-
find freedom vibe.

Awareness is KEY.

Start by listening to what you say to
yourself and how it makes you feel
about being YOU.

Listen with your heart, ears and gut.
Know this: When we tell ourselves a
lie, we feel crappy.

- **Feel a positive vibe** bubbling up
from something you've told
yourself? You may have found an
anchor.
- **EXAMPLE #1-** You notice that
working with your hands relieves
stress, your anchor might be:
*'Working with my hands eases my
stress.'*
- **EXAMPLE #2-** You never stress about
making a meal on the fly.
The anchor might be *'I am really good
at pulling things together.'*
- **Write your anchors down.** Turn
them into *reminders*. Review them
when you the *ibssc** becomes too
loud.
- **Give yourself Permission to trust
your gut just a tiny bit more.**



SHIFT

aka

Reframes, Comebacks & Turnarounds

Let your inner superhero

& inner kid out to play.

Feel a little more bold, strong, honest .

Lighten up 1 small moment at a time.

**When you start to cut yourself some
slack... *SHIFT Happens***

**Perfection erodes confidence.
Put perfectionism in its place so
your confidence can take the lead.**

Reframes, Comebacks and
Turnarounds are easy ways to shift
your energy so you can stop
should-ing all over yourself.

What is a:

Reframe- *It's a fresh perspective
which can shift your awareness &
attitude Big time.*

Comeback- *It's a way to **practice** how
your inner kid, inner superhero or
compassionate self might respond or
take action.*

Turnarounds- Thinking tool
that **STOP** the crazy making Inner
Critic and reduce her/ his
power. Subtle, often counter intuitive,
they have a big impact.

- ***I GET To.*** A super simple, powerful
Reframe. Say out loud. "I have to
mow the lawn"
Now say "***I Get To mow the lawn***".
Feel that? It's almost impossible not
to feel a little spark of child wonder.
And feeling wonder? Instant shift.

- **'So WHAT! I'll do it anyway.'**
This **Comeback** works even if you
say it silently to yourself. Fair
warning. It activates your inner kid
courage. :)

- **Turnarounds** When you feel the
Inner Critic judging you pause,
breathe & say '**Ah, Good to know.**'

Example:

IC-You're afraid of messing up;

You- Ah... good to know.

This unexpected action relieves
emotional triggers.



DETOUR

Create ease with uncertainty.
Refill your gas tank of enthusiasm.
Practice honoring mistakes
and become comfortable
with good enough.
Lower unrealistic expectations...
at least when first starting out.

Bogged in the messy middle?
Enthusiasm gas tank running on empty? You're not alone. It happens a lot when you're a creative mortal & perfectionist.

I know you work hard. But it's easy to stall when enthusiasm withers. See, we believe our enthusiasm is running the show. Nope.

Enthusiasm is the spark, not the fuel.

Overwhelmed with work? Unrealistic expectations? Harsh self talk? We can shame ourselves into a perfectionist stall. Time for a helpful **detour**...

Detours can be taken by thought, word or deed. They don't need to take up a lot of time. A 15 minute Detour can be enough.

Detours work best when you **SCHEDULE** them...

- **Awareness is KEY.** It's tool #1.
- **Embrace your rant.** yes, really. Listen to what you say when you really let your feelings fly. Then ask these questions:
 - **IS that really true?** Says **WHO?**
 - What would it *feel like* to **lower unrealistic expectations for now?**
To aim for GOOD Enough?
 - How can I make it **easy to start?**
 - When did I last **take time to play** or *expose myself to things I love just for the fun of it?*
 - Can I give myself **Permission to not need to be perfect** for one day, one hour, one minute?
 - Can I give myself *credit for what I've done today?* (Perfectionists easily lose track of how much they do.)
 - **Are my habits working against me?**

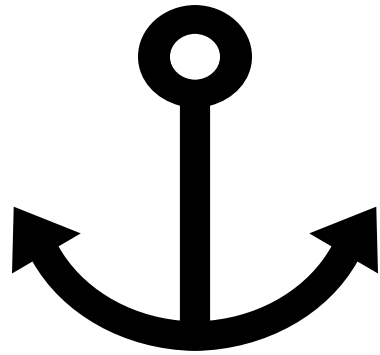
Where can I make a small change?

S'MORE

Handy '*This OR That*' graphic helps kick perfection paralysis to the curb.
Action comes before clarity... in the dictionary and in life. Just sayin :o)



Shame craves silence. That's why it loves perfectionists - it's so easy to keep us quiet — Brene`Brown



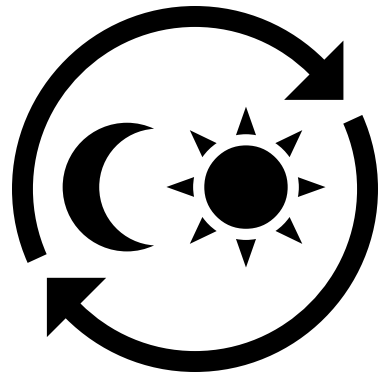
When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps — Confucius

Excellence is not an act, but a habit – Aristotle

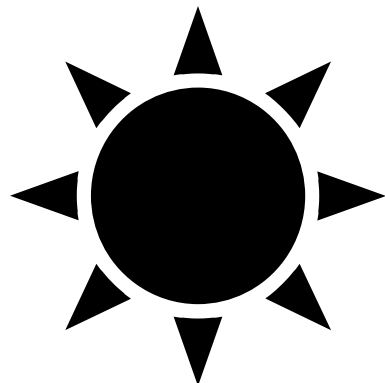


Creativity- the greatest rebellion in existence — OSHO

Self Esteem comes from trusting ourselves to take action on behalf of things that matter to us — dk



Life is not about how fast you can run or how high you climb...but how well you bounce — Vivian Komori



The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel — Steve Furtick



What's next for YOU?

I know what it's like to suffer the pain of perfectionism... to long for a
be real— find freedom life where fear of showing
up for and as our self is in the past.
It takes a while to release *the need to feel we must be perfect* but if I can do it, so can you.

You may not know where to start — showing up
here means you already did.

You may not know what your next step is.
You may feel uncertain about how to ditch
perfectionism once and for all. That's normal.
If you desire some support, mentorship or a
guide,
you're in the right place. I am at your service.

Dawn

I work 1:1, with groups and with *Just for You Circles** to help people navigate the intersection of entrepreneurship, soul, creativity and real life.

I have a special affinity for the slightly rebellious nature of creative individuals and all those who want to be successful without sandblasting one's soul.

Drop me a line at dawn@dawnkotzer.com

Enter Field GUIDE WANTED in the subject line.

Tell me a little about yourself; where you are, where you'd like to be and how perfectionism gets in your way. I read and respond to every email.

NOTE:

If you'd like more information on how we can work together, use Field Guide Wanted in the subject line and receive a 20% discount on any package we set up for personal, creativity or business needs.

*Just for You Circles : You invite a small group of peers. Everyone gets to participate in and witness the 1:1 mentor-coaching I deliver through a customized program.