

Stop Letting Perfection Hold You Back

It is in trying to do perfect that we miss out on key opportunities and experiences in life. Perfection is an unattainable ideal that inhibits the action necessary for success. Make the decision to replace the desire for perfection with a combination of excellence and focused action...

When I first introduced my message and began delivering my Key Note presentation about 'Being Unforgettable', people drew to my attention the need to walk my talk and be completely Unforgettable - all the time. Up rose the fear, the doubt and the self-inflicted pressure that I would now have to be perfect in order to pull this off.

What did this desire for perfection create? Self-analysis paralysis! All the reasons why I should not yet do the key note: until my marketing materials were all redone, my CRM was sorted, my website was in alignment with my presentation, excuse, excuse, excuse.

After a few days of evaluation of my message (yes I even re-considered changing my message), self-analysis and paralysis; I woke up to my stupidity. Who ever said being unforgettable was about being perfect? I certainly didn't. Being unforgettable is not at all about being perfect. This was just another excuse I was using to not get out there and speak, NOW.

What was the result of eventually short circuiting the perfection game? I did the Key Note again and again, with success I could never have imagined. And my marketing materials weren't perfect, or my website finalised, or my CRM up to date.

Moreover, I have now created a phenomenal key note that would never have developed had I tried to perfect it before I got out there. The most powerful improvements have come from the feedback, evaluation and tweaking that resulted from taking the initial imperfect action.

Make the choice to give up the perfection game! It's a habit that's costing you time and money. It's losing you experience and opportunity. And most importantly of all - it's holding you back from creating what you really want in business and life!

How do you quit 'doing' perfect?

1. First and foremost - stop defining yourself as a perfectionist!

In the beginning of almost every coaching relationship, my clients come in with certain labels they use to define themselves, such as 'I'm a perfectionist' or 'I'm a procrastinator'. They hide behind these labels and use them as an excuse to stay where they are.

Procrastination and perfectionism are just behaviours. They are not character traits you own. Stop talking as if they are and free yourself up to change the behaviour.

Make the decision right now to never ever again refer to yourself as a perfectionist!

2. Strive for unforgettable, not perfect

Unforgettable = preparation ~> action ~> feedback ~> improvement.

Every time you have something to act upon and are floundering around trying to get it absolutely right before taking the next step, think of this article. Remind yourself that the best way to move forward and get what you want - is to move forward - and get what you want. Not to stay where you are fluffing around in perfection land. Remind yourself that the way you improve and create the near perfect is by doing and tweaking based on real live feedback and experience.

3. Ask yourself the simple question: What am I avoiding by trying to make this perfect?

Usually the stuff we are trying to perfect is the easy stuff to do. By focusing our attention on this, we avoid the 'hard' stuff that will generate the results we really want. You can spend your life comfortable and cosy where you are or you can experience a little discomfort and learn, grow, develop and experience the things in life you used to only dream about. What choice are you going to make?

Let go of the need for perfection and see every experience as exactly that. An experience: a chance to grow, connect with others, share your gifts of value, have fun, stuff things up and laugh at yourself.

That's what living the unforgettable is all about...

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