



Journal Prompts for Overcoming Perfectionism

1) In what ways do you notice yourself striving for perfection?

How does perfectionism show up in your habits, thoughts, or actions?

2) When do your perfectionist tendencies show up the most?

Why do you think those specific situations trigger them?

3) How do you decide when something you have done is 'good enough'?

What internal or external benchmarks help you to measure whether you have accomplished something successfully or not?

4) What is your relationship with failure? How do you typically react when you fail? What does failure mean to you?

5) In what ways has perfectionism helped you? What benefits or strengths have come from having perfectionist tendencies?

6) What has perfectionism cost you? Consider how it might have impacted your mental or physical health, your relationships, and the choices you have made in life.

7) What labels do you use to describe yourself (e.g. 'hard worker', 'reliable', 'meticulous', 'overachiever')?

These questions have been inspired by my reading of *How to be Enough* by Dr Ellen Hendriksen. Check out my review of the book over at myselfhelphabit.co.uk



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8) Taking each label you have identified, consider:

- How do you know this label is true?
- In what ways do you live up to this label?
- Does this label hold you back?
- Is it true 100% of the time? When hasn't it been true?
- What might be a more flexible, balanced and compassionate way of describing yourself?

9) What 'rules' or beliefs keep your perfectionism thriving? What are your 'musts', 'shoulds', 'nevers' and 'have-tos'?

10) For each rule you have identified, consider:

- Where or when did you learn this rule?
- What do you fear might happen if you don't follow this rule?
- Is it really the case that you must follow this rule all of the time? Can you think of any exceptions?

11) What would need to happen for you to feel able to let go of your perfectionist tendencies? What support or conditions might you need? What shift in mindset would be required?

12) What activities do you enjoy simply for fun, without any pressure to perform well or produce anything 'perfect'? How often do you make space for these activities?



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13) How open and honest are you with others about your thoughts and feelings? Are there any relationships in your life that might benefit from you sharing more of your thoughts and feelings?

14) How well do you communicate your needs and wishes to those around you? What stops you from doing so? What steps could you take to communicate your needs and wishes more effectively?

15) What are your core values?

16) Taking each value in turn, reflect on:

- How well do you feel this value is currently being met?
- What actions could bring you closer to living in alignment this value?

17) What would you like to achieve in the next 3 years? Why are these goals important to you?

18) How might perfectionism or people pleasing be hindering your progress towards these goals? List as many barriers as you can think of, then consider some new ways of thinking or behaving that you could try to help you to move past those obstacles. Choose one or two small steps to take forward.