



Release The 3 P's: Perfection

I. The Perfectionist

A. What does it look like?

B. Where did the pattern come from?

C. Why important to release it?



D. Perfection Beliefs

II. Tools to Release Perfection

A. Awareness: Journal/Self-Inquiry

1. Where does the perfection pattern show up in my life today (personal, work)?
2. Why did I take on this pattern? Whose voice is the perfectionist (mom, dad)?
3. How has this pattern held you back or affected your life (health, job/purpose, relationships, etc.)?
4. What fears and beliefs do I hold that keep me stuck in this pattern?



B. Self-Acceptance, Love and Worth

1. Your Perfection Pattern

2. Accept, Love, and Balance Your Perfectionist

3. Daily Perfection Check In

C. Actions/Tools

1.

2.



3.

4.

D. Support

E. Passion/Self-Care Work

1.

2.

3.

4.