

Affirmations for Perfectionists

Whatever we give energy to will grow.

Students with perfectionist tendencies have usually spent years unknowingly reinforcing ideas such as: "I'm not good enough." "I won't be accepted if I screw up." "I'll be a failure if I make a mistake."

You can have fun replacing these self-defeating ideas with the following positive ideas. The more you say them, the more real they will become in your life. See which ones resonate with you and enjoy the relaxation and balance that comes from using them.

- ❖ I am free to make mistakes.
- ❖ This world is a safe and loving place to be...even if I screw up sometimes.
- ❖ People love me because I'm human and because I'm me, not because I'm perfect.
- ❖ Laughter helps me achieve my goals.
- ❖ It's okay to "not know" sometimes.
- ❖ The path to achievement and success is paved with experiences that look like failures, errors, and mistakes.
- ❖ I am a human being, not a human doing.
- ❖ I love myself for who I am, not for what I do or produce.
- ❖ There is nothing I have to prove, so it's okay if I relax and have fun every once in awhile.
- ❖ There is an abundance of success in the world, so I don't need to compete to "be the best."
- ❖ I know I'm hard working, so for me, my job is to practice relaxing!
- ❖ Life is for enjoying, not just for achieving.

This handout was used in the 2011 OATAG Conference workshop entitled, "**Keeping the Core While Softening the Edges: the Journey From Perfectionism to Success**" by presenter Suzanne Burdick. She can be contacted at suzannemichelleburdick@gmail.com for workshop facilitation and consultation.