

"CRUSH PERFECTIONISM" EXERCISES

On the following pages, there are two charts: **Quit “Shoulding” On Yourself** and **Self-Appreciation**. Read the instructions below and complete the charts.

Quit “Shoulding” On Yourself!

Make a list of some of the “shoulds” in your life: “I should be...” or “I should do....” Then honestly answer the questions below the box.

Self-Appreciation

Over the next week, fill in the self-appreciation chart with at least five things each day that you appreciate about yourself. What are the things you do well? What are your unique gifts? Did you accomplish something that day by practicing “good is good enough?”

Each daily list must be new—no repetitions! The more you list, the better. Whenever you are being harsh on yourself, read this list and replace your critical thoughts with praise and celebration for who you are and what you bring to the world.

Remember...perfect does not exist! Strive for “GOOD” and stress will melt away.

Quit “Shoulding” On Yourself!

I should be/do...

-
-
-
-
-

1. How much time and energy do you spend thinking about what “you should” be saying or doing in your life instead of what you want to say and do? How often do you compare yourself to others?
2. How do your “shoulds” and comparisons cause you to be a less effective worker or friend?
3. What are the biggest obstacles that get in your way of you being you?
4. If you looked at yourself through God’s eyes, as the beautiful child He lovingly created and loves unconditionally, how would that feel? What would freedom in knowing you are “enough” allow you to experience?

Self-Appreciation

Date	I Appreciate These Things About Myself...