

WHAT IF *perfection* WASN'T THE POINT?

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On the surface, “being perfect” might seem like a lofty, worthwhile goal. We should all strive to be better, to do our very best, and not settle for “good enough.” But what if we have it wrong, not in the striving, but in our assessment and definitions?

What would happen if we allowed ourselves to zoom out and see a bigger picture? What if we viewed our performance and productivity through a different lens? What if we could distribute our time, energy, and resources differently and still feel successful?

If you're willing to consider these questions, here are three strategies to help you contain the need to be perfect:

REDEFINE “YOUR BEST”

Doing your best doesn't mean always being at 100% or never making a mistake. It doesn't mean doing your best no matter what. It means doing your best with what you've got and in the time you have to do it. Given your time, energy, and resources in the moment, do the best you can. Practice saying (and believing) statements like, “This is pretty good considering I was out sick for two days,” or “With more time I could have produced more, but this number is plenty, and spending time with my family is also important.”

REDEFINE “GOOD ENOUGH”

“Good enough” gets a bad rap. Only running payroll for the first half of the alphabet isn't good enough. Not shoveling the snow off the ramp into the building isn't good enough. But sometimes, “good enough” really is enough. Need to leave a quick note for a colleague? If they can read your messy handwriting, it's good enough. Have a super busy day without a big block of time for your usual walk? 8,942 steps is good enough. Boss asking to view the board report you're preparing for next week's meeting? Your current version labeled “work in progress” is good enough.



DO THE MATH

Compare the value of the time, energy, and resources you're investing in the pursuit of perfection with the value of what you're trying to perfect. Are you spending more than it's worth? If you're the only one who cares that it's perfect, let it go.

There are countless strategies for taming perfectionism, and a quick online search will provide a long list. But the most important one, the foundation of all the others, is believing that you are already good enough. Adopt Ted Lasso's mantra, and *believe*.