Another Tool for your Coaching Toolbox

Tools for supporting your clients with obstacles include:

- Befriend Your Fear (BYF)
- Resistance Archetypes
- Re-wire Negative Thought Patterns
- And Now... Myth of Perfection



Perfection is a Myth

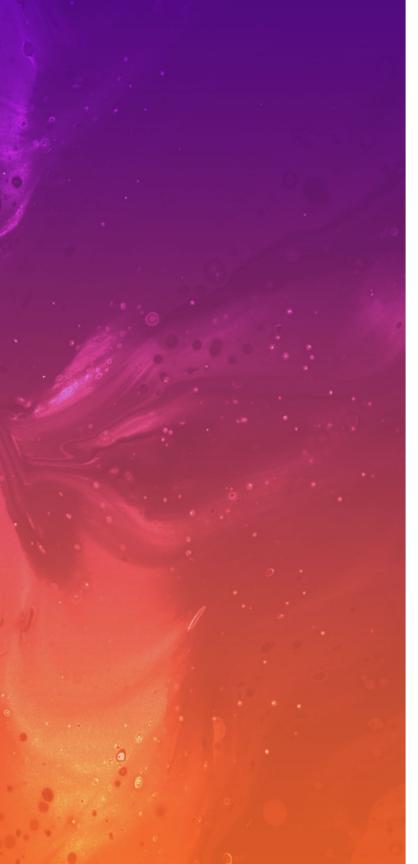
"Perfection is actually a Myth; no human being can be - or should be-PERFECT"

May look/sound/feel like

- The need to get it totally right
- Not being happy or feeling truly settled unless it's absolutely perfect
- Moving into fight/flight/fawn/freeze if not as expected
- Judging oneself or others harshly if it's not perfect

Obstacles

- Caught up in fixing unnecessary details
- Deflated confidence
- Not taking the next action
- May activate self-judgement
- Tends to leak into other aspects of life



How To Work with M.o.P.

- Energetics
- Tools
- Mindset
- Activity



Energetics & M.o.P.

Check your own perfectionist filters so you can hold the space cleanly

Energetics

Tools

Tools for working with M.o.P.

- Create awareness
- Let the client know that you, as the practitioner, are not perfect either
- Work with the perfectionism as a fear, negative thought, or as an archetype ...



Shadow Archetype of Perfection

Energetics

Tools



Hypo-perfectionism

May show up as the Sloth, the Lazy One, the Mistake Maker, the Sloppy One



Hyper-perfectionism

May become hyper focused on dotting every possible 'i' and crossing every imaginable 't'



Mindset for working with M.o.P.

Mindset Reminders

- Invite a growth mindset
- "I will learn and improve if I stay on this road / in the process"

Tools

Mindset

Powerful Activity for M.o.P.

Energetics

Tools

Mindset

Activity

Even though ______Nevertheless