

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



Hint

You can mix & match

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

Myth of Perfection

Energetics & M.o.P.

Energetics

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

Tools for working with M.o.P.

Energetics

Tools

- 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

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t tttttttt

Hyper-perfectionism

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

Mindset for working with M.o.P.

Energetics

Tools

Mindset

Mindset Reminders

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

Myth of Perfection

Powerful Activity for M.o.P.

Energetics

Tools

Mindset

Activity

Even though _____,
Nevertheless