

— YOUR *signature* LIFE —

MODULE 4

LESSON 2

Welcome to our second distraction: perfectionism and analysis paralysis! These might not be obvious distractions to some, but the reason they are not only distractions but hugely important ones too is because they are closely related to how people prioritize.

Perfectionism is a key distractor because it tends to lead people into believing that they have less time in a week than they do because they're spending extra time trying to make everything as perfect as possible. But part of being deliberate is about being able to let go of certain things while giving it your all in others. If you need to be great at everything you will have a hard time prioritizing and making choices – hence what so many perfectionists run into: analysis paralysis!

For some it is simply easier to analyze something than to act on it. And so instead, people self-sabotage and find themselves stuck in a choosing spiral. Perfectionists tend to be more comfortable in an analysis paralysis state because they want to get it just right but it leaves them as it sounds—paralyzed, stuck. The only way to lead that signature life deliberately, with fulfillment and energy is to find a balance, to see where you can let go in your perfectionist tendencies.

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YOUR 70-150% RULE

Adapted from The Deliberate Effect

In order to break free from perfectionism, some activities and tasks will demand your very best (150%), while others will merely require your “good enough” (70%). According to this rule, the values that are at the top of your priority list—your Bin 1 items—are given 150% of your devotion and effort, whereas everything else receives your 70%.

Have a think about the ways in which perfectionism may be showing up in your life. What might some of your own 70-150%ers look like?

70% (GOOD ENOUGH)	150% (GREAT)

