



Consider Yourself

helping working mums work it out

Dear <<First Name>>,

Welcome to the inaugural Consider Yourself newsletter. Thank you for subscribing and enjoy! This month I explore perfectionism and offer some fieldwork if you're feeling game.

In other Consider Yourself news, I was recently invited to be an expert on [the busy mums fitness club website](#) and my article, *The Vegemite Factor*, can be found there this month. You need to register to view it, but registration is free and there are a lot of good resources for busy mums there. I'm also working with [Pure Design](#) (thanks Sarah :-)) to revamp my website. Soon I'll actually be able to edit it (oh happy, happy day!) and will be writing a weekly blog. I'm really excited about it and can't wait to share it with you!

Warm regards,

Janice

When Perfection Isn't Perfect

“No one is perfect...that's why pencils have

CONNECT WITH US:

 Follow us on Twitter

 Become a fan

SHARE THIS EMAIL:



CONTACT US:

www.consideryourself.com.au

M: 0418 468 247

E: jfenton@consideryourself.com.au

erasers” – author unknown.

But do you ever have those days where you feel like you got stuck with all the pens?

Today is one of those days for me. I've spent much of the day teaching myself to use Mail Chimp, an online email newsletter tool. And for a while, I got so caught up in the design and content of the newsletter having to be perfect, that I lost my enthusiasm for the project. So I did a reality check. I reminded myself that I do indeed have a pencil and that I don't have to be perfect. Professional and educational will do just fine.

What motivates us to pursue perfection? Psychology professor, Timothy A. Pychyl, explains in [Psychology Today](#) that perfectionism comes in at least 2 flavours: self-oriented perfectionists and socially-prescribed perfectionists. Self-oriented perfectionists have a positive desire to be their best and they derive a sense of pleasure from their efforts. These positive feelings enhance their self-esteem and motivate them to continue moving forward. In contrast, socially-prescribed perfectionists are motivated by negative emotions, such as a fear of failure or a desire to avoid embarrassment. Consequently, they do not derive pleasure from their efforts and tend to view their work as inadequate or inferior.

So, whether our strive for perfection is adaptive or mal-adaptive depends on why we are striving for it. Do you strive for

perfection because you genuinely derive a sense of pleasure from the activity you're engaged in? Or, are you striving for perfection in order to avoid something, like failure or embarrassment?

Here's a bit of fieldwork for you if you're game. Pick one example from your work life and one example from your home life where you set very high standards. Now ask yourself which perspective on perfection are you taking. If you find that it's a socially prescribed one, challenge yourself on it. For example, ask yourself how useful that approach is. Is there a better way? What are you afraid of? What's the worst thing that could happen if you let go of the perfection?

And remember... you always have a pencil.

Warmly,
Janice



Consider Yourself

www.consideryourself.com.au

PO Box 450

Lane Cove NSW 1595

M: 0418 468 247

E: jfenton@consideryourself.com.au

ABN 66 119 778 077

[view email in browser](#) | [unsubscribe](#) | [update your profile](#) | [forward to a friend](#)

You are receiving this email because you opted in via email or at our website.



Copyright (C) 2010 Consider Yourself All rights reserved.