

Self Immolation/ Self Love - Week Four



Letting go of perfectionism

*Dont let trying to be perfect,
squash the meaning of life.*

Tick what ways do you strive to be perfect:

I try to be perfect (A good girl who everyone likes)

I try to please others (ignore my own needs)

*I try to achieve the 'best' in everything I do (pushing
and striving for perfectionism)*

*I try to control life (micro managing my life to ensure
mistakes arent made)*

*I try and make everything look a certain way
(leaving me feeling exhausted and unworthy)*

*'Perfectionism
kills your
passion and
steals your joy'*

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Striving for perfection chains us to lack, stifles the spirit, strangles our soul and disconnects us to our gifts and creativity.

Reflect and answer how you could let go of perfectionism and be more gentle with yourself in the following areas of life:

SOFTEN AND NURTURE YOU:

When I look in the mirror, I could.....

.....
.....
.....

In my personal development and spiritual connection I could

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.....
.....

In my health, fitness and self care I could

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.....

In my family life and in my home environment I could.....

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.....

*'Perfectionism is
Fear in really
good shoes'*

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In the Fun and Spontaniety part of my life, I could.....

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In my romantic life, I could

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.....

In my financial, work or business life I could

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“Perfectionism is a failed strategy to avoid criticism”