**Am I a Perfectionist?**

Let’s find out if perfectionism is a challenge for you. Here are a few statements for you to consider:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **True** | **Somewhat true** | **Somewhat false** | **False** |
| **Nothing good comes from making mistakes** |  |  |  |  |
| **I must do things right the first time** |  |  |  |  |
| **I must do everything well, not just the things I know I’m good at** |  |  |  |  |
| **If I can’t do something perfectly then there is no point even trying** |  |  |  |  |
| **I rarely give myself credit when I do well because there’s always something more I could do**  |  |  |  |  |
| **Sometimes I am so concerned about getting one task done perfectly that I don’t have time to complete the rest of my work**  |  |  |  |  |

If you have answered most of the above questions with True or Somewhat True, then perfectionism might be something you want to work on. If you haven’t answered True or Somewhat True, you will still learn some skills today that could be useful in the future.