PAUSE PERFECTIONISM CHEATSHEET

How to calm yourself when you feel frustrated, stressed, & self critical about a 'problem'

- [ ] **Ask yourself: How would you comfort a friend facing the same 'problem' ?**
- [ ] **How would (insert name of level-headed friend) handle this 'problem'?**
- [ ] **How would you explain why you are facing this 'problem'?**
  (E.g: " I didn't have enough sleep last night thus I can't focus on my work today, it is not because I'm incompetent)
- [ ] **Balance your critical thoughts? (E.g: Everyone has an 'off' day at times - it's normal)**
- [ ] **Set relistic goals which are flexable. Adjust & redirect your goals when needed**
- [ ] **Bonus Tip: Allow yourself to make small mistakes in your daily life**
  (E.g: Buy something not on the list shopping list when food shopping)

Your reflections:

