How to Rewire Your Perfectionism with Audrey Holst

with Audrey Holst · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Perfectionism coach Audrey Holst interviewed more than 60 self-described perfectionists, and every one could point to an origin when they were younger.

- [ ] For one week, just notice when perfectionism shows up, without trying to fix it.
- [ ] Watch for all-or-nothing thinking, especially when it turns into putting a task off.
- [ ] When a feeling sends you down a rabbit hole, back it up step by step to what actually happened first.
- [ ] Find the time of day when your energy is highest and protect it for your deepest work.
- [ ] Replace a willpower habit with a tool or technology that does the job for you.
- [ ] Keep every change small, doable, experimental and sustainable.
- [ ] Share your wins with someone instead of celebrating alone.
- [ ] Write down what you're proud of and what was hard but you did anyway.
- [ ] Put everything that takes time, even errands, on one calendar.
- [ ] Download the free Perfectionist Archetype Guide to find your starting point.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/how-to-overcome-perfectionism-audrey-holst/
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