



# BREAK FREE FROM PERFECTIONISM

This sheet helps you take action despite imperfect conditions.

- 1 Identify one task you've been delaying.
- 2 Set a timer for 10 minutes and start working on it.
- 3 Focus on progress, not perfection.
- 4 Reflect on how taking action felt afterward.

## MAKE IT YOURS

My one move this week: \_\_\_\_\_

When and where, exactly:

My witness (one person I told): \_\_\_\_\_

**I showed up:**

MON

TUE

WED

THU

FRI

SAT

SUN

### What I noticed this week:

***The real change begins with a single, imperfect step.***