

## Set a Reasonable Goal

This workout sheet offers examples of perfectionist goals and more reasonable goals for different life experiences. Do any apply to you? At the end there's space to add your own examples.

### Public Speaking/Presentations

Perfectionistic Goal	Reasonable Goal
I shouldn't show any signs of anxiety, such as blushing, shaking, sweating, or stumbling over words.	It is normal to feel anxious during a presentation, and I'm likely to blush, sweat, shake, or stumble over words. All of this is acceptable. I can still smile and make eye contact with my audience, even when I'm very anxious.
I need to remember every point I want to make and have most of the presentation memorized.	I should make at least 75 percent of my points. It is okay to use index cards or notes during a presentation.

### Having Guests over for Dinner

The house should be spotless.	The bathrooms are clean and the living room and dining room are clear of clutter.
The meal should be cooked perfectly.	I should aim for edible and go for the basics: a simple salad, bread, vegetables, and protein. I should take time to visit with my friends instead of spending the whole time in the kitchen.

### Going on a Date

I should feel confident and assured.	It is normal to be feel uncomfortable and anxious when meeting someone new. The most important thing is to smile and be friendly. I don't have to be confident.
I should sound smart, funny, and interesting.	No one is smart, funny, and interesting all of the time. It will be good enough to smile and ask questions and share things about myself.

## Writing

Perfectionistic Goal	Reasonable Goal
My writing should be clear and concise.	I should set a timer and put my ideas down on paper. My first draft doesn't have to be great.
I should not make grammar and spelling errors.	I am bound to make mistakes. I will let spell- and grammar-check help me out, or have someone else read through my draft and make corrections.

## Appearance

I should always be impeccably well groomed.	If I am clean, smell good, and am clothed, I am groomed well enough to go out in public.
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## Starting an Exercise Program

I should exercise every day for an hour.	I will exercise three times a week for twenty minutes. Each month I can add days or time to my program.
I should be strong and graceful.	As long as I am moving my body, I am doing great.

## Meditation

I should meditate for thirty minutes.	Starting with five minutes of meditation is a great way to build a habit.
I should always keep my attention on my breath.	I will notice when my mind wanders and bring it back to focus on my breath.

## Buying Things (Clothes, Home Decorations, Tools, Plants, Toys, Gifts)

I should make the right choice so I don't waste money.	I will be pleased with my purchase at least 50 percent of the time. I can learn from purchases I am not pleased with.
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Perfectionistic Goal	Reasonable Goal