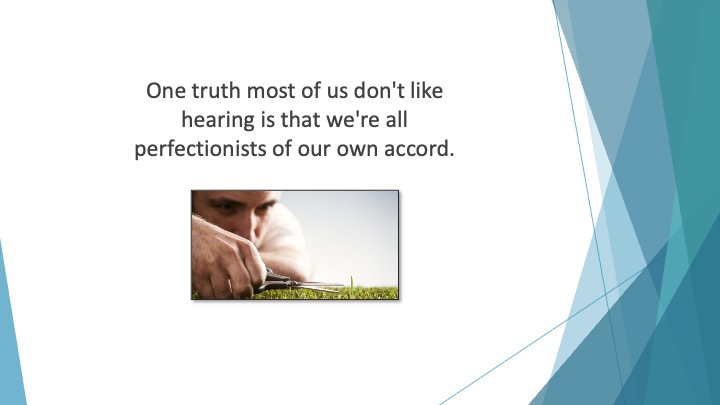
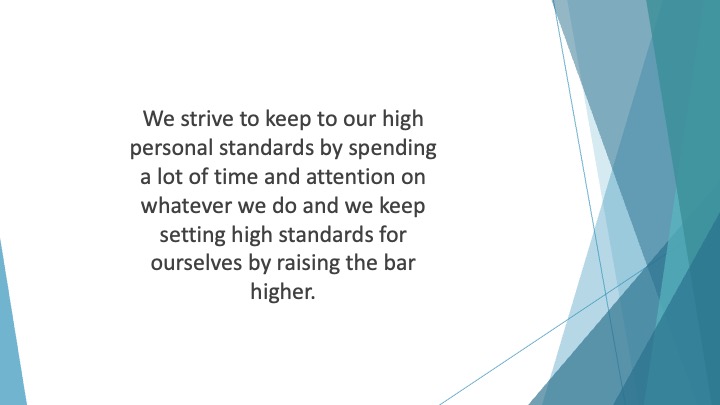
**Chapter 4: How Perfectionism Affects your Simplicity**

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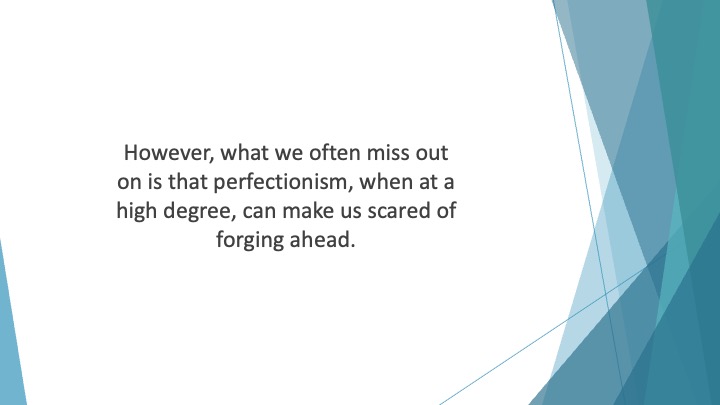
**S1** : In this video, we’ll talk about “How Perfectionism Affects your Simplicity”



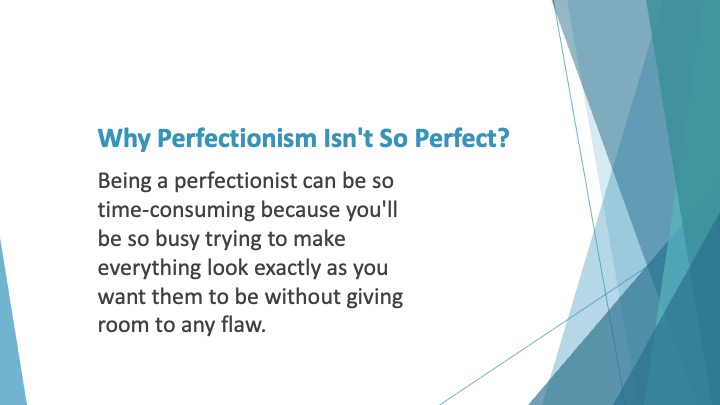
**S2 :** One truth most of us don't like hearing is that we're all perfectionists of our own accord. We choose not to relent and never stop and we're driven to keep running because we're passionate about being excellent.



**S3** : We strive to keep to our high personal standards by spending a lot of time and attention on whatever we do and we keep setting high standards for ourselves by raising the bar higher.

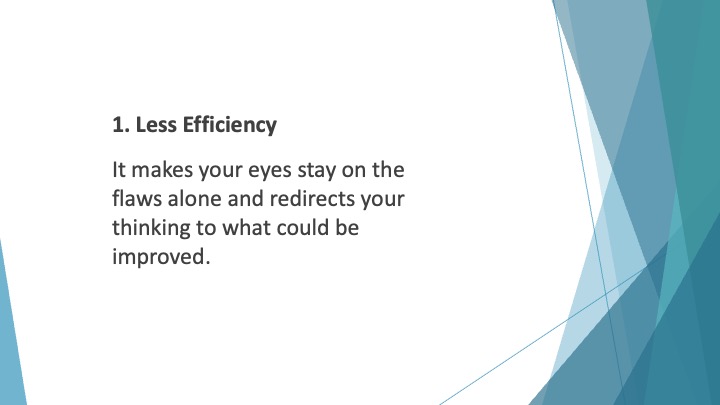


**S4** : However, what we often miss out on is that perfectionism, when at a high degree, can make us scared of forging ahead. It can make us start setting unrealistic standards and hinder us from being our best and living a simple life.



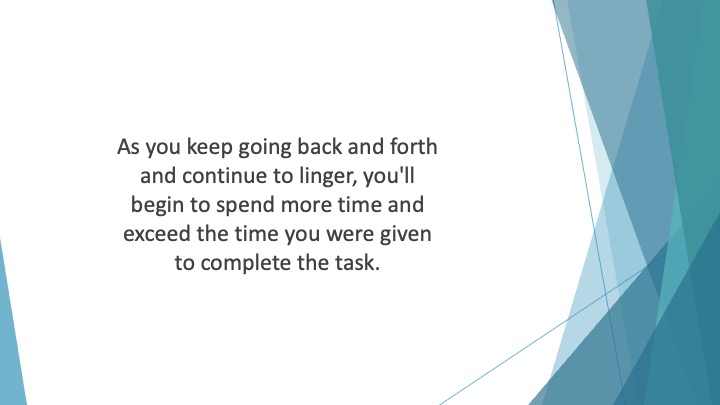
**S5 :** Why Perfectionism isn't so Perfect?

Being a perfectionist can be so time-consuming because you'll be so busy trying to make everything look exactly as you want them to be without giving room to any flaw. While having a sense of perfectionism can be somewhat helpful, it's important that you know that it poses a couple of worrisome effects which make it harmful.

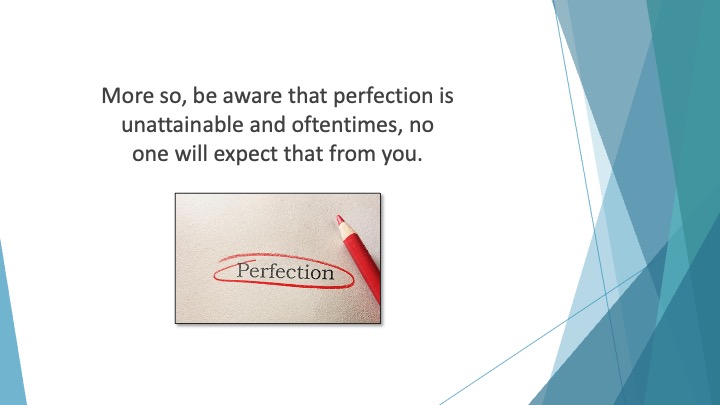


**S6 :** 1. Less Efficiency

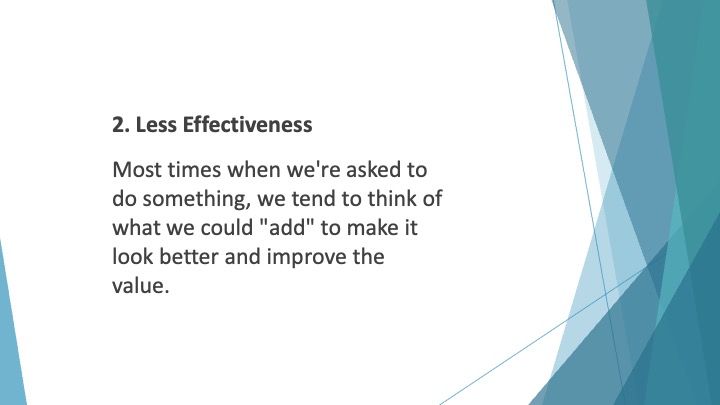
Perfectionism makes you keep lingering on a task. It makes your eyes stay on the flaws alone and redirects your thinking to what could be improved. Even when you're done, your mind is still occupied with improvements that must be made.



**S7 :** As you keep going back and forth and continue to linger, you'll begin to spend more time and exceed the time you were given to complete the task. It's important for you to have a sense of understanding of the level of “good” and what's “best” so that you'll be efficient.

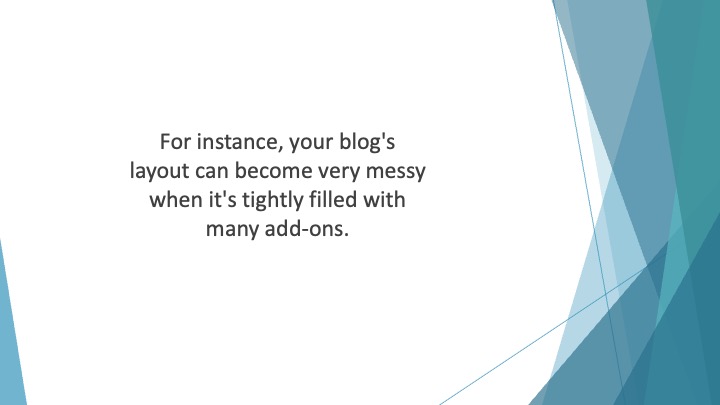


**S8 :** More so, be aware that perfection is unattainable and oftentimes, no one will expect that from you. Do your best and leave the rest so that you won't end up being late and all your efforts won't end up being thrashed.

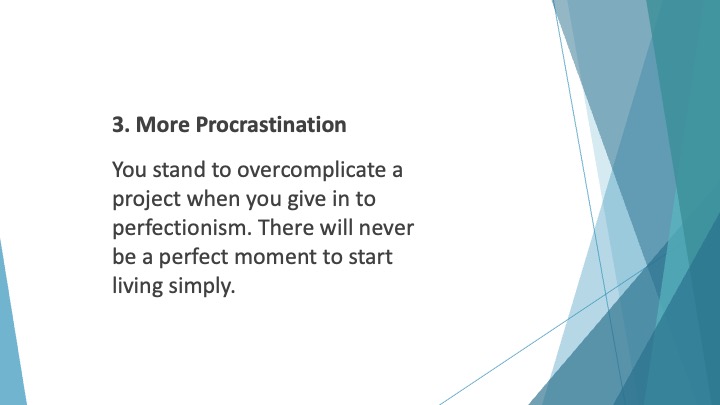


**S9 :** 2. Less Effectiveness

Most times when we're asked to do something, we tend to think of what we could "add" to make it look better and improve the value. In our pursuit of this “good addition”, we're not conscious of the plenty of things we could ruin.

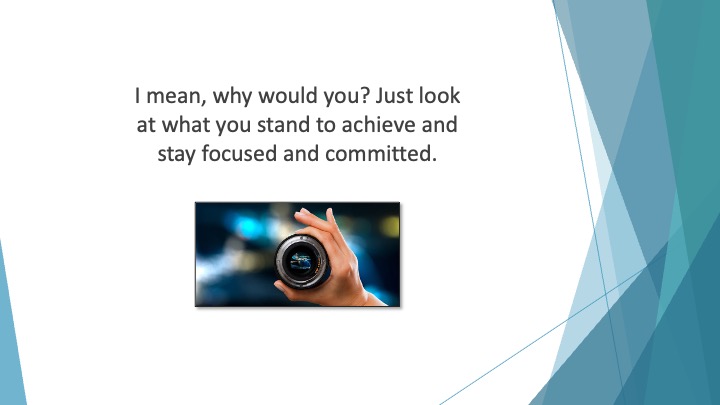


**S10 :** For instance, your blog's layout can become very messy when it's tightly filled with many add-ons. More so, you can get listeners confused if you keep adding unneeded details to a presentation.

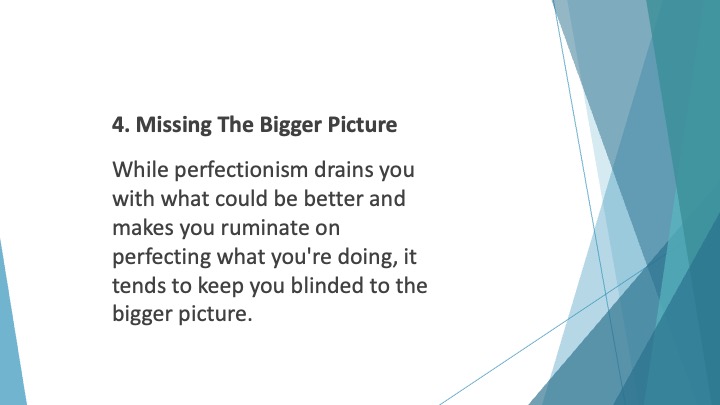
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**S11 :** 3. More Procrastination

You stand to overcomplicate a project when you give in to perfectionism. What should have been a simple thing to do would gradually turn out to be something quite intimidating, which will eventually turn you into the greatest procrastinator of all time. There will never be a perfect moment to start living simply. You must seize the moment and start living your life. Plus, don't overthink it.

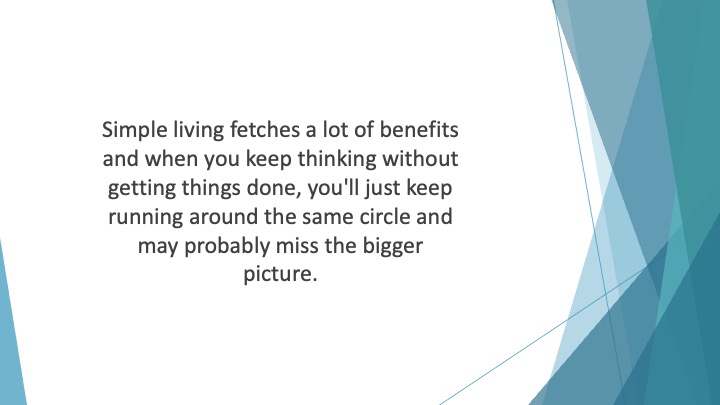


**S12 :** I mean, why would you? Just look at what you stand to achieve and stay focused and committed.

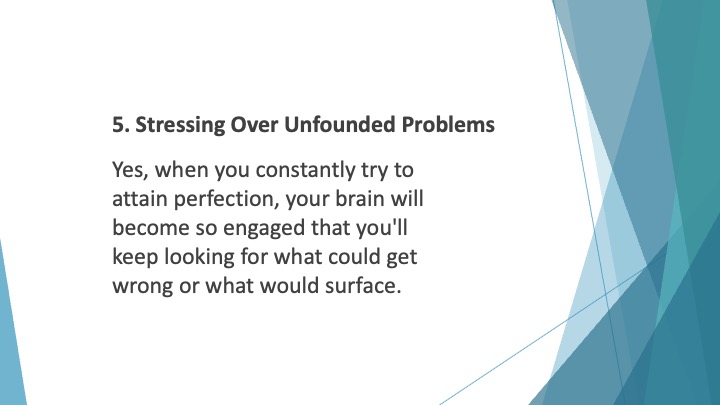


**S13 :** 4. Missing the Bigger Picture

While perfectionism drains you with what could be better and makes you ruminate on perfecting what you're doing, it tends to keep you blinded to the bigger picture. As you remain glued to the details, it becomes very impossible for you to see what lies ahead.

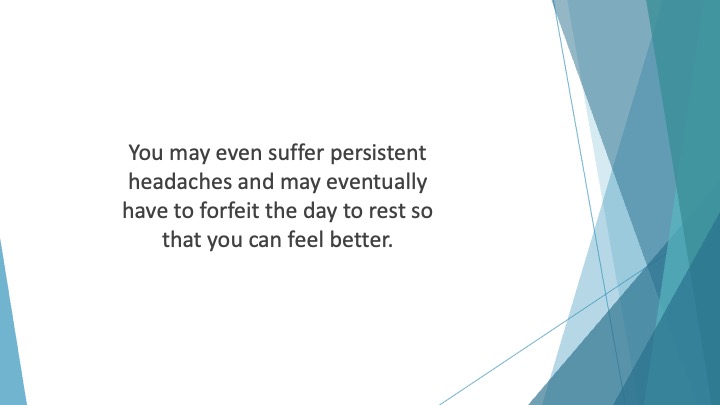


**S14 :** Simple living fetches a lot of benefits and when you keep thinking without getting things done, you'll just keep running around the same circle and may probably miss the bigger picture.



**S15 :** 5. Stressing Over Unfounded Problems

Yes, when you constantly try to attain perfection, your brain will become so engaged that you'll keep looking for what could get wrong or what would surface. After that, you'll proceed to think deeply about these things. As you begin to overthink and overwork your brain, you will become stressed out because of the many things that are going on in your brain.

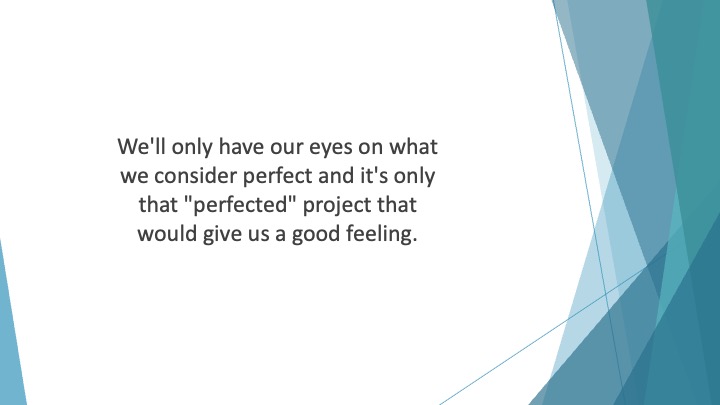


**S16 :** You may even suffer persistent headaches and may eventually have to forfeit the day to rest so that you can feel better.

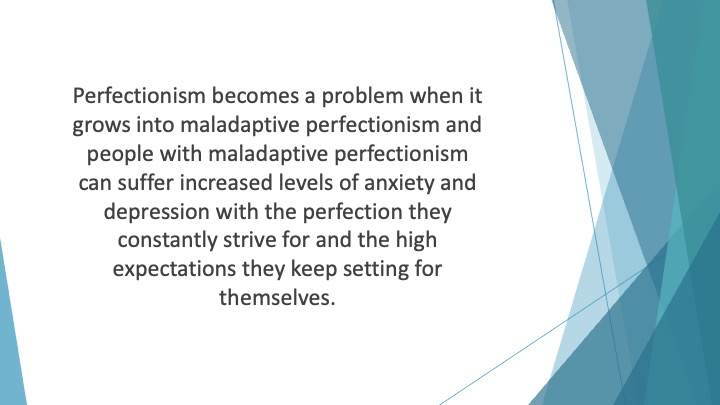


**S17 :** When Perfectionism Becomes a Problem

It would be hypocritical to say that perfectionism is totally bad. Perfectionism does have plenty of advantages too. It helps us become better and makes us perpetually pursue excellence. Where the problem lies is that most of us become so obsessed with setting high standards.



**S18 :** We'll only have our eyes on what we consider perfect and it's only that "perfected" project that would give us a good feeling.



**S19 :** Perfectionism becomes a problem when it grows into maladaptive perfectionism and people with maladaptive perfectionism can suffer increased levels of anxiety and depression with the perfection they constantly strive for and the high expectations they keep setting for themselves. Basically, their mental health goes through a lot of damage.

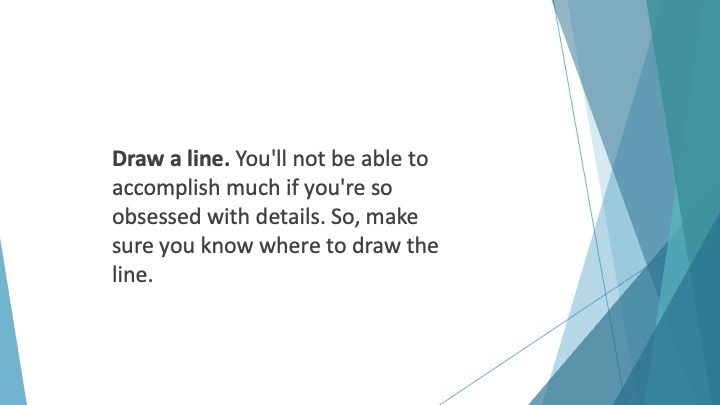


**S20 :** The way forward is that you should not sabotage your personal growth efforts by becoming a maladaptive perfectionist. You can be a healthy perfectionist by managing your perfectionist tendencies with great care.

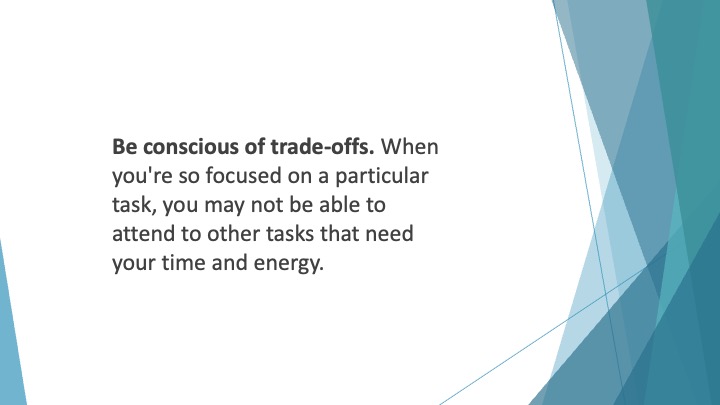
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**S21 :** Keeping Perfectionism in Check

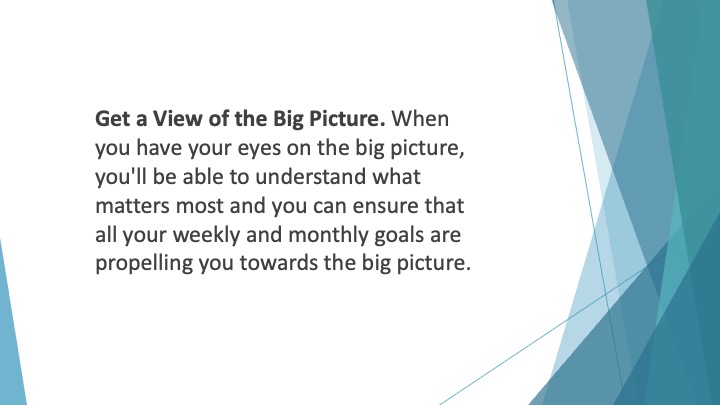
Becoming a healthy perfectionist is the best way to manage your perfectionist tendencies and there are a few tips you can make use of for this.



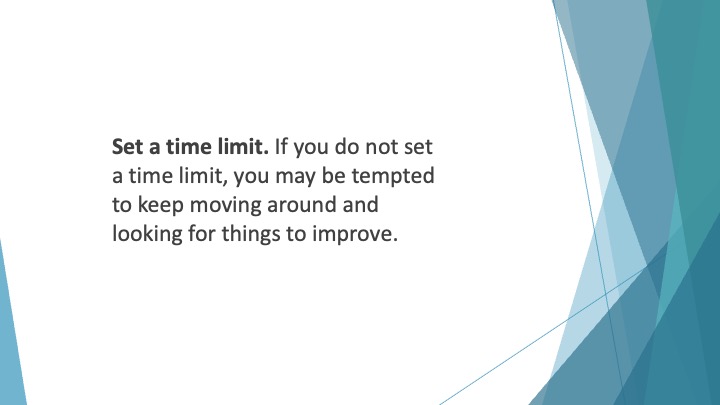
**S22 :** Draw a line. You'll not be able to accomplish much if you're so obsessed with details. In fact, it could be quite tiring and draining. So, make sure you know where to draw the line.

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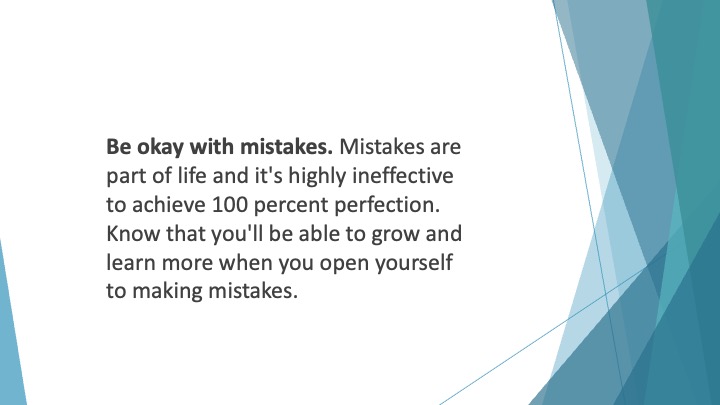
**S23 :** Be conscious of trade-offs. When you're so focused on a particular task, you may not be able to attend to other tasks that need your time and energy. You'll be able to draw a better line when you're aware of the involved trade-offs and you have lots of things to do.

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**S24 :** Get a View of the Big Picture. There's an objective for all the things we do. When you have your eyes on the big picture, you'll be able to understand what matters most and you can ensure that all your weekly and monthly goals are propelling you towards the big picture.

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**S25 :** Set a time limit. If you do not set a time limit, you may be tempted to keep moving around and looking for things to improve. Having a time limit will keep your tasks and activities time bound.

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**S26 :** Be okay with mistakes. Mistakes are part of life and it's highly ineffective to achieve 100 percent perfection. Know that you'll be able to grow and learn more when you open yourself to making mistakes.