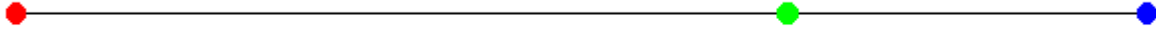


The Perfection Scale

In most cases it is better to aim for excellence rather than perfection. To best understand a situation and determine appropriate goals, we need to define what an acceptable standard is and then upgrade from there.

Please complete the form below with different situations in order to help establish acceptance points.



Total Failure – 0 %

Acceptable Point

Perfection – 100%

The Worst	Below Average	Acceptable	Excellence	Perfection
0%	%	%	%	100%

Alternative perspective:

Situation:				
The Worst	Below Average	Acceptable	Excellence	Perfection
0%	%	%	%	100%
Alternative perspective:				

Situation:				
The Worst	Below Average	Acceptable	Excellence	Perfection
0%	%	%	%	100%
Alternative perspective:				

Situation:				
The Worst	Below Average	Acceptable	Excellence	Perfection
0%	%	%	%	100%
Alternative perspective::				

Perfection vs Excellence

You can add your own definition / description in the form below.

Perfection	Excellence
Cannot be better	I can just do my best
Unattainable	Strive to do what I can with planning and effort
Unavoidable failure	Feeling a sense of accomplishment
Rigid	Flexible
You can never be good enough	It is "OK" if I am NOT the BEST
Mistakes are intolerable	Accepting of mistakes

Failure

Identifying where you are and what you can do

	My responsibility	Not my responsibility
Failure	What can I change? Is there a better choice I can take? What can I do now? What can I do differently in the future?	It was beyond my control. There were variables I just couldn't change / control. Is there anything I can do differently if a similar situation ever happen again?
Failing	Should I keep going? Should I try doing something different?	Is there anything I can do to make positive changes?