

Passing on Perfectionism

Mistake Maxim: "Nobody is perfect."

Performance Maxim: "Practice makes perfect."

"They tell you nobody is perfect. Then they tell you practice makes perfect. I wish they would make up their minds."
—Wilt Chamberlain

"Striving for excellence motivates you; striving for perfection is demoralizing."

—Harriet Braiker

"Perfection is the voice of the oppressor." —Anne Lamott

What is perfectionism? "...a disposition to regard anything short of perfection as unacceptable; *especially*: the setting of unrealistically demanding goals accompanied by a disposition to regard failure to achieve them as unacceptable and a sign of personal worthlessness." —Merriam-Webster Dictionary

"Perfectionism is not a quest for the best. It is a pursuit of the worst in ourselves, the part that tells us that nothing we do will ever be good enough—that we should try again." —Julia Cameron

Read Luke 10:38-42

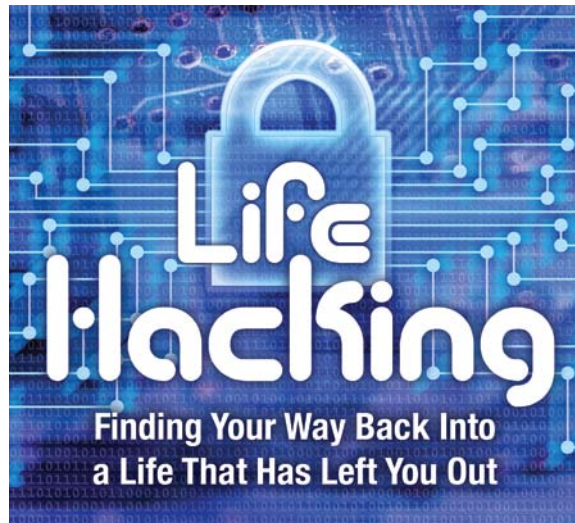
You might be a perfectionist if...

- You can't stop thinking about a mistake you made.
- You are intensely competitive and can't stand doing worse than others.
- You either want to do something "just right" or not at all.
- You demand perfection from other people.
- You won't ask for help if asking can be perceived as a flaw or weakness.
- You will persist at a task long after other people have quit.
- You feel a constant need to correct other people when they are wrong.
- You are highly aware of other people's demands and expectations.
- You are very self-conscious about making mistakes in front of other people.
- You noticed the error in the headline of this section.

—Gordon Flett and Paul Hewitt

Start Each Day With This Maxim: "God is Perfect and I'm not."

In Matthew 5:48, Jesus said, "You therefore must be perfect, as your heavenly Father is perfect."



However, since people are not perfect, we need a perfect Savior to pay for our sins.

Separate the Goal of Professionalism From the Ideal of Perfectionism

"Anything worth doing is worth doing poorly." —Tom Peters

Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

—Colossians 3:23-24

Study the Flawed Pathway of personal Advancement and Individual Achievement

"The most difficult part of attaining perfection is finding something to do as an encore."

In 2 Corinthians 12:8-10, the Apostle Paul said, "Three times I pleaded with the Lord about this, that it should leave me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong."

"Supersize" the Perils of Perfectionism

By pride comes nothing but strife, but with the well-advised is wisdom. —Proverbs 13:10 NKJV

See Your Worth in God's Eyes as Based on His Grace and Not on Your Works!

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. —Ephesians 2:8-10